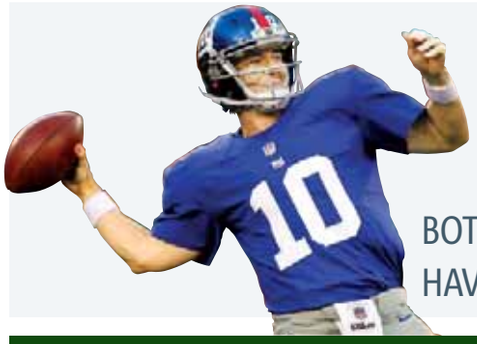
ULTIMATE SAFETY, PERFORMANCE, AND VALUE. - see page 3

ULTIMATE SAFETY, PERFORMANCE, AND VALUE. - see page 3



THROWS OF PASSION

BOTH GIANTS AND COWBOYS MAY FEEL THEY HAVE SOMETHING TO PROVE AT NFL OPENER PAGE 40

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SUMMER'S GOLD

After winning her second gold medal, Hamilton's Summer Ashley Mortimer jumps for joy during the medal ceremony for the women's 100m backstroke S10 final on Day 6 of the London 2012 Paralympic Games at the Aquatics Centre on Tuesday in London. More coverage, page 39. DENNIS GROMBKOWSKI/GETTY IMAGES

Big day for Mayor Ford

So much at stake. Today's testimony could determine Rob Ford's political future

Mayor Rob Ford faces possibly the most critical day in a career full of them, when a stumble or misguided belief could help launch him out of office less than halfway through his term.

"I imagine he's had this day circled in his calendar for a while," Myer Siemiatycki, a Ryerson University politics professor, said of Ford's scheduled testimony Wednesday on a conflict-of-interest complaint from Toronto resident Paul Magder.

"The stakes are high — as Ford himself has acknowledged, it could spell the end of his mayoralty."

Owning up

"The depth of Ford's inability to recognize that he has erred is pretty astonishing."
Myer Siemiatycki, Ryerson University politics professor

Ford will be cross-examined by Magder's renowned lawyer, Clayton Ruby, and defended by Alan Lenczner, who is less known to the public but regarded by colleagues as one of Toronto's top litigators.

Ford is adamant that he was right to speak and vote on the question of whether he should return $3,150 in donations that lobbyists, their clients and a private company made to his private football foundation.

"I actually believe I have done nothing wrong," Ford said on CP24 last week, adding he doesn't understand why he should pay out of pocket when the donations bought equipment for needy kids.

Here's a brief look at the case:

The charge: Ford is accused of breaking a provision of the Municipal Conflict of Interest Act that states elected officials can't speak to, or vote upon, items in which they have a "pecuniary interest."

The defence: In his summary of defence, Lenczner argues the Municipal Conflict of Interest Act does not apply to council's Code of Conduct, which Ford was deemed to have broken when it ordered him to repay the money. Lenczner also argues council never had the right to make the repayment order. TORSTAR NEWS SERVICE

REACTION FROM 'FORD NATION,' PAGE 4

A record is punctured

Sticking 2,100 acupuncture needles in his head pays off for a Markham record holder PAGE 3

Sovereigntists win in Que.

Early election results show Parti Québécois just shy of a majority Tuesday night PAGE 7

Fun's brewing in Seattle

Visit a place where it's tough to get a bad cup of coffee or a boring pint of beer PAGES 32-33

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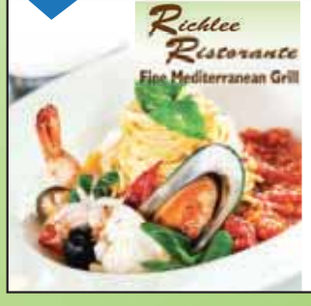

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Sentencing

Crossbow killer gets life in prison

A judge sentenced Zhou Fang to mandatory life imprisonment Tuesday for the "brutal and savage" act of fatally shooting his abusive father with a crossbow inside a Toronto public library.

Ontario Superior Court Justice John McMahon agreed to a joint submission from the Crown and defence that Fang serve the minimum period of 10 years — the maximum is 25 — before being eligible to apply for parole.

Fang, 26, pleaded guilty in July to second-degree murder, reduced from first-degree murder. Court heard graphic and disturbing details about the physical and psychological cruelty Si Cheng, 52, inflicted on his only son. TORSTAR NEWS SERVICE

Series of attacks

Sex assault suspect sought

Police are looking for a suspect in a series of sexual assaults — four women picked at random, including one who was attacked twice in a day.

The man has been identified as 34-year-old Thomas Reardon, who also goes by Thomas Thornhill. He is known to frequent the Wellesley and Sherbourne streets area.

There may be more victims and police fear the suspect may strike again, said Det. Const. Sandra Arruda of the sex crimes unit.

"We seriously need to get him," Arruda said Tuesday. "I fear that he is unpredictable. We have strong beliefs there will be more (attacks)." TORSTAR NEWS SERVICE

Publication allowed

Ban on naming mall shooting victim lifted

A judge has lifted the publication ban on the name of a 13-year-old Port Hope boy injured in a fatal shooting at the Eaton Centre in June. Connor Stevenson was hit in the head in the crossfire. TORSTAR NEWS SERVICE

That's his record, and he's sticking to it

Raising money for charity. Markham man breaks own Guinness record with 2,100 acupuncture needles stuck in head

Mohanathas Sivanayagam marked the long weekend by sticking 2,100 acupuncture needles into his head.

The 37-year-old is a father of three young boys who works in the trucking industry. He came to Canada from Sri Lanka when he was 23. He has a nice smile, a calm demeanour, and a love of record-breaking.

He already holds the Guinness world record for "most needles inserted into the head." It was a joyous celebration on Dec. 3, 2011, when he stuck the last of the 2,025 acupuncture needles into his scalp, capturing the title from China's Wei Shengchu, who stuck 2,009 needles in his head in 2009.

The certificate for the 2011 spectacle arrived last week. He already has it framed but decided to break the record with a 48-hour needle-sticking extravaganza to raise money for cancer treatment.

Sivanayagam has vitiglio, a skin condition characterized by a loss of pigmentation, and he wanted to acknowledge the suffering of others with more critical problems.

"It helps him understand what other people are going through, and a lot of people have cancer throughout the world," his friend Kanujan Sriskantharajah says, translating Sivanayagam's Tamil to English,

Starting Sunday at 2 a.m. at Pleasant Banquet Hall in Markham, he sat down and inserted each needle at a depth of 1.5 centimetres so it would not fall out. He took breaks so his hands wouldn't cramp. He ate sparingly because when his jaw moved, he could feel the needles moving — "slight pains," explains Sriskantharajah. Everything was carefully documented as per Guinness standards.

After a while, the "head feels heavy," but he couldn't lie down or waver — passing out with thousands of needles in the scalp is admittedly dangerous. He drank 10 extra-large coffees. His friends came by and a homeopathic doctor checked his blood pressure. (The same doctor taught him how to insert the needles carefully before his 2011 attempt.)

Mohanathas Sivanayagam places acupuncture needles in his head during his record attempt that ran from Sunday to Tuesday. He put in 2,100 needles in total. CONTRIBUTED

The pain is similar to a pinch, he says. He practises yoga and tried to meditate. When all the needles were out, he swabbed his closely shorn head with rubbing alcohol. He raised $12,000 and will now decide which organization to give it to. TORSTAR NEWS SERVICE

New designs. Makeovers coming for TTC bus stops

The TTC is planning a renovation of some of its most valuable and visible real estate — its 10,000 bus and streetcar stops.

Those ubiquitous sign posts should be providing more useful information, said TTC chief customer officer Chris Upfold.

In about six weeks, the TTC plans to begin testing some new designs for bus-stop poles and the maps in its bus shelters.

The change is part of a new approach to customer service that has transit officials re-thinking every aspect of rider contact.

This week, for example, the TTC changed the way it announces buses on LED signs at stations such as Main, Broadview, Spadina, Bathurst and Dundas West. Instead of telling riders when the bus arrives at the station, the signs will tell them when the bus departs. Those signs should be in every station within the next year.

Every station will also be getting digital signs at the entry telling customers before they pay whether the service is being disrupted.

It could take more than three years to test, consult, approve and implement new bus stop designs, Upfold said. TORSTAR NEWS SERVICE

1 NEWS

Mobile news

And so the Democratic National Convention begins. Scan the code to find out what first lady Michelle Obama had to say on Day 1 of the event.

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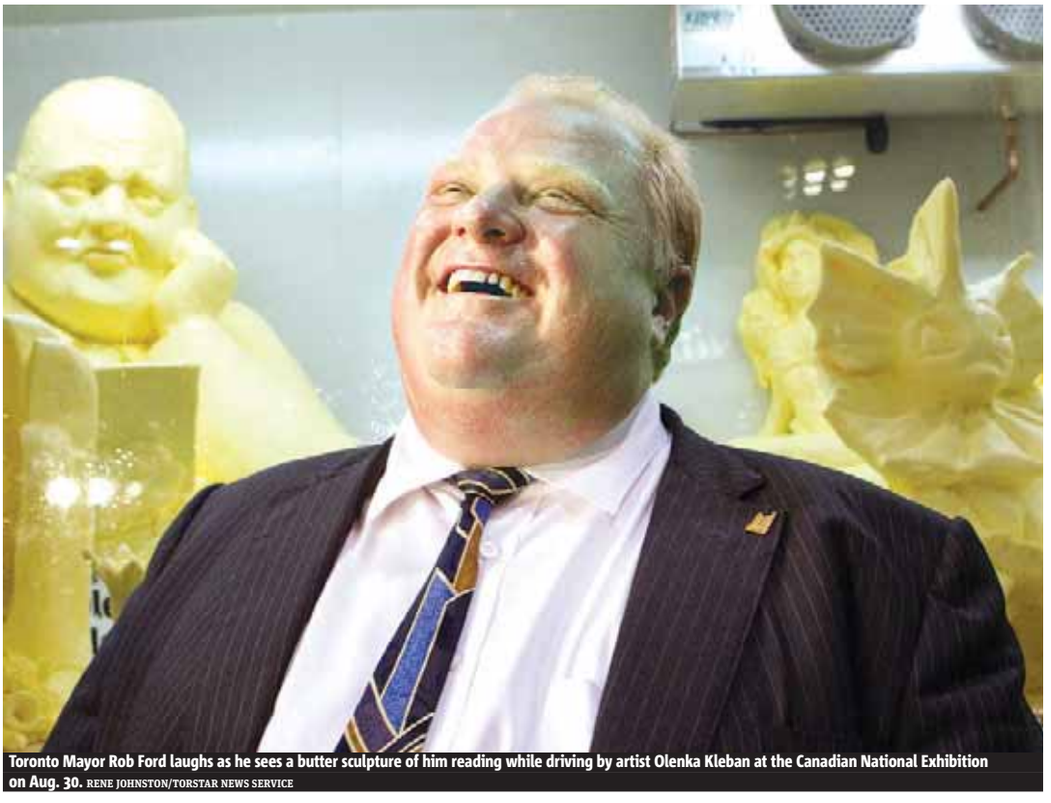
Ford Nation rallies around its leader

Love him or hate him. Ward 2 sounds off on polarizing mayor ahead of trial for conflict of interest

JESSICA SMITH
jessica.smith@metronews.ca



Toronto Mayor Rob Ford laughs as he sees a butter sculpture of him reading while driving by artist Olenka Kleban at the Canadian National Exhibition on Aug. 30. RENE JOHNSTON/TORSTAR NEWS SERVICE

On the day before Mayor Rob Ford's conflict of interest trial begins, some proud members of Ford Nation were waiting out the worst of Tuesday's thunderstorm at the entrance to the Wal-Mart in Ward 2.

"I think it's bloody ridiculous," says Dawna Brown. "All for like $3,000. The man made a stupid mistake ... It's just a witch hunt."

Ford is set to testify Wednesday in a conflict-of-interest case brought against him by resident Paul Madger, stemming from Ford's participation in a council debate and vote about $3,150 in donations given to his football charity by city lobbyists and their employers.

"He didn't keep any of it, it all went to the kids. To me, that isn't a conflict," says Sharon Krol, who has lived in Ward 2 for more than 40 years. "I hope everything goes well for him."

The summer news cycle has seen Rob Ford call the police on a Toronto Star reporter, attempt to end plastic bag fees and end up with a bag ban, respond to one of the city's worst shootings with controversial comments about immigration and get caught reading while behind the wheel.

"The media needs to get off his back. They blow everything out of proportion," Krol says. "I'm sorry. The man is human. He's a human, no different from us and if we did the same stupidity it wouldn't be all over the TV. But I do think he should get a driver."

Shaun and Melissa Bradley are heading into the store, where Shaun has run into the mayor before. "He's always in the Wal-Mart," Shaun says.

He has a positive impression of the mayor and has not been bothered by him getting caught reading behind the wheel or any of the other minor scandals.

"He's a human being," he says. "It's not the right thing to do, but he's a human being, not a super person."

"But I don't like the fact that he's cutting back the daycares," says Melissa. "There's a lot of negatives when it comes to motherhood and the kids." She adds that she hopes he loses his seat as a result of the conflict of interest case.

"I guess I do too, now," adds Shaun.

Quoted

"The media needs to get off his back. They blow everything out of proportion. I'm sorry. The man is human."

Sharon Krol, Ward 2 resident

Opposing views

"I love the guy. We had to get rid of those jerks who were running the place before. They were wasting our money. I like Ford a lot. A lot of people like to take shots at him because he isn't pretty, but he gets the job done. He gets what I want him to do."

Jim Mather, knocked on doors for Ford

"I don't really like his view in calling everyone 'the taxpayer.' It's kind of like saying we're no longer citizens, just here for the monetary benefits. We're all living in the city, we should be considered citizens, then taxpayers."

Kurt Reid, not a Ford supporter

"For me personally, he helped me get my daughter into her school a couple of years back. We're not technically in the school's zone and he was able to help us get her in ... He did something nice for me, so I'll always vote for him."

Debbie Portner, Ford fan

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Teachers' anger understandable, says McGuinty

Teachers are mad as hell at Premier Dalton McGuinty and he doesn't blame them one bit.

Even though teachers' compensation has increased by 25 per cent since he was elected in 2003 and working conditions have improved with smaller class sizes and higher test scores, McGuinty says he appreciates why they are angry that he's freezing their pay and curbing their collective bargaining rights.

"I understand where teachers are coming from. They've got their own household budgets, they've made plans to ... manage their own home finances and then this guy McGuinty comes along and says we've got to hit the pause button for a couple of years," he said.

Premier Dalton McGuinty. THE CANADIAN PRESS

As has been his tradition for years, the premier on Tuesday marked the first day students are back by paying a visit to a school.

But because the Liberal government is at war with the Elementary Teachers' Federation of Ontario and the Ontario Secondary School Teachers' Federation, he toured a French-language school.

Speaking to reporters at École élémentaire Pierre-Elliott-Trudeau, whose teachers belong to a union that has settled its contract, McGuinty reminded educators he hasn't changed.

"We're the same government, we're the same people and in the same way we're absolutely devoted to publicly funded education. We've been hit by this terrible recession; we've got this deficit," he said, referring to the budget shortfall. "I'm proud of our teachers and I know that we've hit a bit of rough patch and that's not unusual when it comes to if you see what happens in ... periods of economic constraint," the premier said.

TORSTAR NEWS SERVICE

NDP studies new electoral boundaries with eye on GTA

NDP MP Craig Scott (Toronto–Danforth) sits in the front row during a tribute to Jack Layton on March 23, 2012. The NDP is asking its Toronto MPs and riding associations to take a close look at how the proposed changes to the electoral map impact their communities. DAVID COOPER/TORONTO STAR

Eyes peeled. New Democrats analyze boundaries for the 2015 federal election, as party makes its case among ethnic communities

New Democrats are planning to expand their appeal across the Greater Toronto Area while keeping an eye on proposed changes to the electoral boundaries that could affect their chances in the downtown core.

"We have to be just constantly present in the GTA, taking seriously the communities and residents in general who live in GTA ridings with our core messages and our values in a way that lets people know that they are the next step in our building to be a nationally governing party," NDP MP Craig Scott (Toronto–Danforth) said Tuesday as the caucus gathered in St. John's, N.L., for its annual summer retreat.

Eight Toronto ridings went orange during the federal election last year. The idea was to focus efforts in the ridings along the Bloor-Danforth subway line, but the party knows the key to expanding for the next election — and any serious shot at forming government — is found in the regions surrounding the city.

On the ground

"In the 416 (telephone area code) there is a lot of change and so we're going to have to keep a much closer eye on what works and what doesn't work."

Nathan Rotman, NDP national director

It appears the proposed changes to the federal electoral boundaries may not be much help on that front, according to a study by the demographic analysis firm Pollmaps.ca that examines what would happen if the votes from the 2011 election were distributed along the proposed new boundary lines.

The poll-by-poll analysis suggests that if voting trends remain stable, the Conservatives would pick up 13 new seats in Ontario — mainly in suburban areas — and the NDP would get just two more seats in the Scarborough area and Hamilton.

The NDP found last year that its message of championing affordability for ordinary Canadians resonated well with newcomers that had been in Canada for under a decade, whereas the Conservatives did better with more established immigrant communities.

Nathan Rotman, national director for the NDP, said the party plans to keep pushing that theme. "We will be appealing to people in that region on pocketbook issues, on a strong, stable management of the economy that actually works for people. Folks out there care a lot about access to education, access to health care for seniors," said Rotman.

NDP Leader Thomas Mulcair was in Brampton last month, where he called for speedier family reunification and stronger support for temporary foreign workers.

The NDP is also asking its Toronto MPs and riding associations to take a close look at how the proposed changes to the electoral map impact their communities, with the plan to make any objections known in the public consultation process.

Scott said he has been looking at how the boundary dividing the proposed new Toronto Centre and Mount Pleasant ridings splits the Gay Village Church Street and Wellesley Street East where he notes there is "a commonality of interest," apart and at whether the high-rise condo buildings along the waterfront would be better served if grouped into one riding. TORSTAR NEWS SERVICE

Singing is the golden rule for this school

"Let this be a singing school — 'Sing a little every day' is our golden rule."

Make that 60 minutes every day — five times more than most regular schools — which is exactly why 10-year-old Zoë Mitchell-Powell switched to this new vocal music program, one of two to launch Tuesday in a Toronto public school.

This curriculum reverberates with music; there will be literature with musical themes, geography that samples world rhythms, science labs on the physics of sound, and history lessons on all the times music has helped overcome injustice, from the secret code of slave songs to the song tracks of revolutions.

"I love singing, so when I heard of a school that's all about what I'm interested in, I was like, Yeah!" said Zoë, one of 44 young music-lovers enrolled at the "vocal music academy" at Ryerson Community School.

After nearly three years of debate and planning, the Toronto District School Board has opened four new boutique-style "schools within a school" with special focus this fall; the two singing schools (the other is at Scarborough's Heather Heights Junior Public School), a boys' leadership academy and a girls' leadership academy.

They're part of a growing trend among school boards faced with declining enrolment, to attract new students and give pupils a choice in how to learn. "I figured if we build it, they will come — because, goodness, when you have more than 500 schools, one size can't fit all," said director of education Chris Spence. "Our biggest challenge isn't underachievement; it's lack of engagement."

TORSTAR NEWS SERVICE

Ryerson Community School opens its doors to the Vocal Music Academy, a school within a school that incorporates music in much of the curriculum. TORSTAR NEWS SERVICE

How it works

- Four teachers with music degrees lead the program.
- The program is open to all with no auditions
- The school hopes to add one grade every year.
- To date, eight boys and 36 girls have enrolled — a ratio principal Mark Bell hopes to balance out as more students enroll.

Parti Québécois claims power after voters cast their ballots

Quebec election. But less-than-stellar results leave party with awkward prospect of heading minority government

The Parti Québécois is celebrating a return to power after nine years in opposition, but its parade has been dampened by a weaker-than-desired result that could severely limit its ability to pursue its independence agenda.

The party has never governed with a minority in its history and, therefore, has never faced the challenge of tabling an inaugural speech — or any other confidence measures — with the support of other parties that oppose its agenda.

One factor could help resurrect the independence program: It was unclear whether the final seat numbers would ultimately leave another pro-independence party, the smaller and more left-wing Québec solidaire, with the balance of power.

The PQ won or was leading in about 57 ridings in Tuesday's election, shy of the 63 needed for a majority in the 125-seat legislature. Québec solidaire won two seats.

Barring a late surprise the PQ could now face an awkward balancing act — pleasing its ardently pro-independence base while getting parliamentary backing from other parties.

The governing Liberals had a far better than expected result and were leading or elected in about 47 ridings, holding on to official Opposition status and staving off the electoral annihilation many had predicted. The newly formed Coalition party had a disappointing night, winning or leading in about 20 ridings. THE CANADIAN PRESS

Turnout

- There appeared to be a surge in voter turnout, with the number of ballots cast by late afternoon more than one-quarter higher than at the same time in the previous election.

Online

For full election results visit metronews.ca

Parti Québécois supporters cheer as election results are announced in Montreal on Tuesday. GRAHAM HUGHES/THE CANADIAN PRESS

United Nations

Number of Syrian refugees spikes

More than 100,000 Syrians sought refugee status during August in what the United Nations describes as an eye-popping escalation in the pace of departures since the hostilities began.

The August total accounts for more than 40 per cent of the 234,368 Syrian refugees who, as of the last count on Sept. 2, had fled for surrounding countries since the uprising began 17 months ago, the UN refugee agency said Tuesday.

The tide in people fleeing the civil war underscores the intensifying violence between President Bashar Assad's regime and the armed anti-government groups. THE ASSOCIATED PRESS

Syrian support

Al-Jazeera site targeted by hackers

Hackers replaced the home page of Al-Jazeera TV's Arabic site with a statement that says Tuesday's cyber-attack was a protest against its coverage of the Syria civil war. TV broadcasts in Arabic and English were not affected. THE ASSOCIATED PRESS

Egypt

Islamists solidify grip on power

Egypt's leadership took a new move Tuesday to put its stamp on the country's government, appointing Islamists as provincial governors and installing them in the state's top human-rights body and a powerful media council. THE ASSOCIATED PRESS

Australia-Indonesia

Growth in asylum seekers spurs closer maritime ties

An Australian official says his country and Indonesia will boost maritime cooperation as boat accidents carrying asylum seekers are increasing.

Transport Minister Anthony Albanese told a news conference Tuesday that Australian aircraft will be allowed to enter Indonesia's airspace and refuel during searches and rescues.

Indonesia is a transit point on the hazardous sea journey to Australia. Accidents have increased as more ships enter the seas ahead of a new immigration policy taking effect in Australia. THE ASSOCIATED PRESS

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Water-bombers speed to Portugal to fight 'perfect storm' of fires

Drought tightens its grip. Spain, France answer the nation's plea for help as tinder-dry woodland erupts in flames

Water-dumping aircraft from Spain and France on Tuesday joined Portugal's battle to halt the spread of menacing wildfires.

The fires were raging through thick woodland in the country's north that has been left tinder-dry by months of drought.

Spain and France sent two aircraft each, a day after authorities appealed for help for fire crews struggling to contain blazes amid high temperatures and strong winds.

Officials said just over 1,000 firefighters were tackling 10 blazes in steep hills and dense forests in northern Portugal.

Searing toll

Portugal is in the grip of one of the worst droughts in recent memory.

- **Heat wave.** At the end of July, 58 per cent of the country was enduring extreme drought conditions and 26 per cent was in severe drought — the two highest classifications.

More than 350 vehicles and 19 aircraft, including those from Spain and France, were on duty, they said.

In remote villages, locals used buckets and garden hoses to douse flames encroaching on their homes.

Interior Minister Miguel Macedo met with national fire officials and said the temperatures above 30 C, high winds and difficult terrain "have produced what firefighters call a perfect storm."

THE ASSOCIATED PRESS

Firefighters battle to douse a blaze in Alvaiazere, central Portugal, on Tuesday. Officials say firefighters extinguished a 30-hour blaze that claimed the life of one person. On Monday, more than 7,300 firefighters and almost 2,000 vehicles attended 289 major forest fires. FRANCISCO SECO/THE ASSOCIATED PRESS

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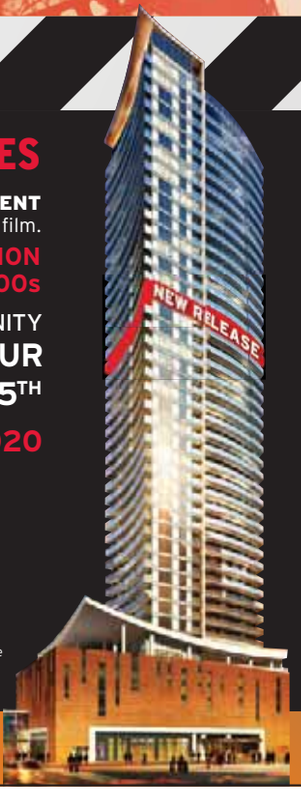

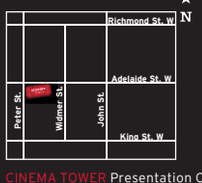

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‘Hitler’ clothing store owner to change shop name

Controversial. Owner says he received dozens of phone calls asking that he rename the clothing store

The owner of the Hitler clothing shop in western India says he will remove the sign and rename his store after hearing people’s complaints.

Rajesh Shah said Tuesday he had chosen the name in memory of his grandfather, a strict disciplinarian whom the family referred to as Hitler.

The shop in Ahmadabad, the main city in Gujarat state, opened last month with a huge sign reading “Hitler” and a Nazi swastika inside the dot in the letter “I.”

THE ASSOCIATED PRESS

A customer holds a shopping bag on Tuesday as store owners Rajesh Shah and Manish Chandani look on in Ahmadabad, India, outside their clothing shop named Hitler. AJIT SOLANKI/THE ASSOCIATED PRESS

‘Diefenbaby.’ Man says DNA test on former PM’s hair won’t prove paternity

A Toronto man who believes John Diefenbaker may have been his father thinks there’s no point testing a recently discovered lock of the former prime minister’s hair.

The Diefenbaker Canada Centre in Saskatoon announced last week it found a chunk of hair labelled as belonging to the former prime minister.

The hair, not listed in the museum’s computer database, was a surprise find for the museum during renovations. Staff believe the blond strands were likely cut from Diefenbaker’s head when he was a child and kept as a family keepsake.

The centre has invited George Dryden to have the hair tested, but he believes it would be a waste of time.

“It’s useless. There’s nothing there to test,” Dryden said Tuesday. “You need the root. A clipping just doesn’t do it.”

Dryden, who bears a strong resemblance to the former Conservative leader, claims his mother had an affair with the prime minister in the 1960s.

George Dryden
THE CANADIAN PRESS

Diefenbaker was Canada’s 13th prime minister from 1959 to 1963. He reportedly had no children and died in 1979.

Dryden has been trying for more than a year to establish whether he is Diefenbaker’s offspring. Earlier this year, he hired a company to conduct DNA tests on a few artifacts at the centre, but the results were inconclusive.

THE CANADIAN PRESS

Wild ride

Animals seized in Vietnam

Police have seized four baby tigers and more than 100 pangolins being transported in a car in central Vietnam.

A police officer in Ha Tinh province says two men were detained for questioning after officers seized the live animals Tuesday.

Pangolins are scaly anteaters native to Asia and Africa.

Tiger bones are used in Vietnam to make a traditional painkiller that sells for several hundred dollars an ounce.

THE ASSOCIATED PRESS

Bogus cash

Man eats up counterfeit money: Police

Authorities say a 35-year-old man tried to swallow several counterfeit $50 bills after he was caught trying to use the bogus money at a western New York amusement park.

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Presidential race. Romney ahead of Obama in raising campaign cash

Republican Mitt Romney's presidential campaign has raised at least $100 million US for the third consecutive month, building upon support that has allowed him to out-raise President Barack Obama so far this summer, The Associated Press has learned.

The early numbers for August, which include money raised by the national Republican Party, will be publicly released next week.

They were described by two people familiar with the figures who spoke on condition of anonymity because they were not authorized to share internal campaign matters.

The numbers were revealed on the first day of the Democratic National Convention, where delegates will nominate Obama for a second term.

THE ASSOCIATED PRESS

A woman poses with her Obama gear at the Democratic National Convention on Tuesday in Charlotte, N.C. The DNC will run through Sept. 7. JUSTIN SULLIVAN/GETTY IMAGES

New details

Bin Laden book contains classified info: Pentagon

A former Navy SEAL's insider account of the raid that killed Osama bin Laden contains classified information, the Pentagon said Tuesday, and the admiral who heads the Naval Special Warfare Command said details in the book may provide enemies with dangerous insight into secretive U.S. operations.

Rear Adm. Sean Pybus told his force Tuesday that "hawking details about a mission and selling other information about SEAL training and operations puts the force and their families at risk.

THE ASSOCIATED PRESS

Demonstrators aim at Democratic convention

Roadblock. Protesters take part in sit-in near the convention

Protesters blocked an intersection near the Democratic National Convention in Charlotte, N.C., for about two hours on Tuesday, attracting hundreds of police officers before they were allowed to keep walking.

It was the tensest demonstration yet outside either of this year's major national political conventions.

A group of about 50 protesters on an unauthorized march had sat down in an intersection about five blocks from the site of the convention to formally name Barack Obama as the Democratic Party's candidate in the November presidential election.

A half-dozen military veterans led the group and were joined by approximately 200 others, many of whom appeared to be part of the Occupy movement against economic inequality.

A protester who identified himself to a reporter as veteran John Penley said he and other former service members wanted to raise awareness of veterans issues and talk to delegates.

Some also protested the incarceration of a U.S. soldier accused of giving classified documents to the anti-secrecy website WikiLeaks, Pfc. Bradley Manning, chanting: "Free Bradley, arrest Barack."

Penley was later put in handcuffs by officers after he tried to cross the barricade. Another protester was also taken away in handcuffs.

The impasse was broken after two protesters spoke to the Charlotte police chief and said they were told they could continue to walk as a group on public sidewalks.

THE ASSOCIATED PRESS

Occupy demonstrators and police stand in a downtown street on Tuesday during an unscheduled protest march in Charlotte, N.C,. site of this week's Democratic National Convention. CHUCK BURTON/THE ASSOCIATED PRESS

Demonstration

- **Camping.** The marchers eventually agreed to head back to a park where they were camping.
- **Turnout.** Hundreds of protesters also demonstrated outside the Republican National Convention last week, but the turnout was far smaller than expected.

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Sex change surgery. U.S. prison ordered to pay for inmate's reassignment

A federal judge on Tuesday ordered state prison officials to provide taxpayer-funded sex-reassignment surgery to a transgender inmate serving life in prison for murder.

Michelle Kosilek was born male but has received hormone treatments and now lives as a woman in an all-male prison. Robert Kosilek was convicted of murder in the killing of his wife in 1990.

U.S. District Judge Mark Wolf is believed to be the first federal judge to order prison officials to provide sex-reassignment surgery for a transgender inmate.

Kosilek first sued the Massachusetts Department of Correction 12 years ago. Two years later, Wolf ruled that Kosilek was entitled to treatment for gender-identity disorder but stopped short of ordering surgery. Kosilek sued again in 2005, arguing that the surgery is a medical necessity.

In his ruling Tuesday, Wolf found that surgery is the "only adequate treatment" for Kosilek's "serious medical need."

"The court finds that there is no less intrusive means to correct the prolonged violation of Kosilek's Eighth Amendment right to adequate medical care," Wolf wrote in his 126-page ruling.

Prison officials have repeatedly cited security risks in the case, saying that allowing Kosilek to have the surgery would make her a target for sexual assaults by other inmates.

THE ASSOCIATED PRESS

Radio talk shows

Kosilek's lawsuit has become fodder for radio talk shows and lawmakers who say the state should not be forced to pay for a convicted murderer's sex-change operation.

- **Expensive procedure.** A sex change operation can cost up to $20,000 — especially since many insurance companies reject the surgery as elective. Inmates in Colorado, California, Idaho and Wisconsin have sued unsuccessfully to try to get the surgery.

This time he is wearing pants

A fully clothed Prince Harry, putting the nude photos scandal behind him, poses for photographs with Great Britain swimming gold medallist Jessica-Jane Applegate during a visit to the Aquatics Center during the London 2012 Paralympic Games at the Olympic Park in London Tuesday. STEFAN ROUSSEAU/THE ASSOCIATED PRESS

McDonald's

McVeggie coming to India

McDonald's Corp., the fast food chain that brought the beef hamburger to the world, is opening its first company-operated vegetarian-only restaurants.

The world's biggest hamburger chain says the locations in India will serve only vegetarian food because of customer preferences in the region. The company could not immediately say when the restaurants would open or how many there would be.

McDonald's says its kitchens in India are already separated into sections for cooking vegetarian and non-vegetarian food and restaurants there do not sell any beef or pork.

They also have menu items that cater to local tastes, such as the Maharaja Mac, which is a Big Mac made with chicken patties.

McDonald's says local franchises in India and other regions may already serve only vegetarian food.

THE ASSOCIATED PRESS

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Don't cry, doll — you'll find a new home

Phyllis Baskerville holds a Little Baby Lost Doll, made in 1960, at Dolly Mama's Museum of Dolls and Toys in Fortville, Ind. Baskerville, 86, is now ready to close the museum she started in 2001, a year after her husband died. "I keep trying but they (by-appointment-only guests) keep calling me and want to come visit," she says. MICHELLE PEMBERTON/THE INDIANAPOLIS STAR/THE ASSOCIATED PRESS

He wasn't pretending to walk with the animals, talk with the animals

This is not a prank.
Man who finds alligator at his home shares name with fictional character, Dr. Dolittle

A west Michigan man says he was mowing his lawn when he found an alligator trapped in the window well of his basement.

But Terry Doolittle of Mattawan says authorities were skeptical when he reported the discovery because his last name is the same (albeit with a slightly different spelling) as a fictional children's book character who spoke to animals, Dr. John Dolittle.

He tells MLive.com that authorities wary of a "Dr. Dolittle" prank at first didn't believe him.

Doolittle says he was mowing alongside of his house when he "saw a tail move."

An animal rescue employee who owns six other alligators eventually helped dislodge the creature, and took it home until someone claims it.

Van Buren County Sheriff's Office has appealed to residents in the area for information about where the animal may have come from.

THE ASSOCIATED PRESS

Dangerous pets

- Authorities believe the alligator was a family pet.

Bob Barker slighted

It's not right, but it's OK: Bob Barker

Bob Barker hosted The Price Is Right for 35 years, but he wasn't invited to participate in the game show's 40th anniversary special. The 88-year-old TV personality says the show's producers "chose to ignore me, which is fine.... They haven't even offered me a DVD," Barker said in an interview Tuesday.

The 40th anniversary special episode aired Tuesday morning and featured returning contestants from the past 40 years. Barker is shown in several clips but was not invited to appear on the program or attend the taping. THE ASSOCIATED PRESS

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Time to nix spanking law: CMA Journal

Criminal Code. Editorial takes aim at the legal defence for physically disciplining children

The Canadian Medical Association Journal says it's time to do away with the Criminal Code's so-called spanking law.

A strongly worded editorial in the journal Tuesday calls for the repeal of Section 43 of the Criminal Code, which gives parents and teachers a legal defence when they physically discipline children.

"It is time for Canada to remove this anachronistic excuse for poor parenting from the statute book," editor-in-chief John Fletcher wrote in a signed editorial.

The editorial will likely reignite debate on a controversial topic that has inflamed opinion for decades.

The Supreme Court of Canada upheld the Criminal Code provision by a 6-3 margin in a landmark 2004 ruling.

The high court ruled that the provision did not infringe a child's right to security of the person under the Charter of Rights and Freedoms and does not constitute cruel and unusual punishment.

Several private members' bills to ban corporal punishment have failed in the House of Commons and Senate, most recently in 2008.

In the editorial, Fletcher argues that parents need to be educated on how to discipline their children.

He said the Criminal Code needs to be amended because it tells parents that physical punishment is an acceptable way to discipline children.

"Although it is not necessary to make spanking a crime to encourage alternative approaches to parenting, Section 43 of the Criminal Code of Canada sends the wrong message, stating, '... a parent is justified in using force by way of correction ... if the force does not exceed what is reasonable under the circumstances.'"

The editorial said that police already have discretion to decide when an assault is trivial, but argued that "any bias" should be aimed at vulnerable children.

"To have a specific code excusing parents is to suggest that assault by a parent is a normal and accepted part of bringing up children. It is not." THE CANADIAN PRESS

Quoted

"It is time for Canada to remove this anachronistic excuse for poor parenting from the statute book."

John Fletcher, editor-in-chief of the Canadian Medical Association Journal, in an editorial

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Splitting the bill: Japan may pay for tsunami debris cleanup

Ocean debris believed to be from Japan is posed for a photograph on Long Beach in Tofino, B.C., back in April. Officials in British Columbia are welcoming news that the Japanese government may help pay for the disposal of tsunami debris washing up on Canadian and U.S. shores. JONATHAN HAYWARD/THE CANADIAN PRESS

Ministry investigating

Fish furor: Rotting carcasses inundate Lake Erie shore

Tens of thousands of rotting fish are lining a 40-kilometre stretch of shoreline along Lake Erie, reports the provincial environment ministry, which is investigating the cause.

A spokesperson for the Ontario Ministry of Environment said Tuesday the kill was reported on the weekend. So far it appears the fish may have died from the effects of a naturally occurring lake inversion rather than a spill.

The question now is which agency is responsible for cleaning up the rotting carcasses. The dead fish stretch from west of the fishing village of Port Stanley in Elgin County to the village of Morpeth in Chatham-Kent or just east of Rondeau.

TORSTAR NEWS SERVICE

Watershed moment

Scientists gather to save Mackenzie basin from politics

Scientists fear the Mackenzie River Basin, an extensive watershed three times the size of France, is under threat. And starting Tuesday, experts will gather in Vancouver to come up with a suggested management plan for the basin that just might save it from the jurisdictional problems that plague almost every other major watershed in the world.

Currently, the basin falls under the jurisdiction of the federal government, three provincial governments and three territorial governments — and that is the problem, say proponents of an integrated plan.

The river system flows into British Columbia, Alberta and Saskatchewan through Yukon and Nunavut, into the Northwest Territories and to the Arctic Ocean.

THE CANADIAN PRESS

Peace talks, but no ceasefire, for Colombia

Colombia's President Juan Manuel Santos gives a speech at the presidential palace in Bogota last month. Santos announced on Tuesday a preliminary accord with the main leftist rebel group to launch peace talks.
FERNANDO VERGARA/THE ASSOCIATED PRESS

Accord. Agreement signed Aug. 27 by government and rebels

Colombia and its main leftist rebel group said Tuesday they have signed an accord to launch peace talks next month aimed at ending a half-century-old conflict that has claimed tens of thousands of lives.

In a nationally televised speech, President Juan Manuel Santos called the pact a roadmap to "a definitive peace." It was reached after six months of direct talks in Cuba, with that country's government and Norway serving as brokers following a year and a half of preparatory work.

The agreement does not grant a safe haven to the Revolutionary Armed Forces of Colombia, or FARC, as during the last peace talks. Those talks lasted three years and ended disastrously in 2002, when the FARC hijacked a plane and kidnapped a senator, ending then-President Andres Pastrana's patience. While enjoying the protection of a Switzerland-sized safe haven in southern Colombia, the rebels had continued to wage war and kidnap elsewhere while building up their cocaine business.

The latest talks to end the conflict, in essence a class struggle distorted by the drug trade and whose principal victims have been civilians, will begin in October in Oslo, Norway, and continue in Havana, Santos said. Venezuela and Chile will "accompany" the talks.

The rebels held a news conference in Havana and played a video of their 53-year-old commander, Timoleon Jimenez, who acknowledged that the group had felt pressure from Colombia's U.S.-backed military. THE ASSOCIATED PRESS

Response. Iran's navy threatens to deploy warships off U.S. coast

The head of Iran's navy says the country aims to put its warships in international waters off the U.S. coast "in the next few years."

The comments Tuesday from Admiral Habibollah Sayyari on state TV are part of Iran's response to Washington's beefed up naval presence in the Persian Gulf.

The U.S. Navy's 5th fleet is based in Bahrain — across the gulf from Iran — and the U.S. plans maritime war games later this month.

Iran has made similar claims in the past that its ships could soon sail into international waters off the U.S. coast.

Tehran and Washington have been at odds over Tehran's nuclear ambitions that the West suspects it has aimed at weaponry.

Iran denies the charge.
THE ASSOCIATED PRESS

Foreign presence

5th fleet

The U.S. Navy's 5th fleet is based in Bahrain, across the gulf from Iran.

Wading through the flood

An Indian man drives through a waterlogged street with his dog after heavy rainfall in Ahmadabad, India, on Tuesday. The monsoon rains, which usually hit India from June to September, are crucial for farmers whose crops feed hundreds of millions of people.
AJIT SOLANKI/THE ASSOCIATED PRESS

Weekend Subway Closure

Union to St Andrew

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Customers will not be able to travel between Union and St Andrew stations, and are advised to use alternate subway lines to their final destination.

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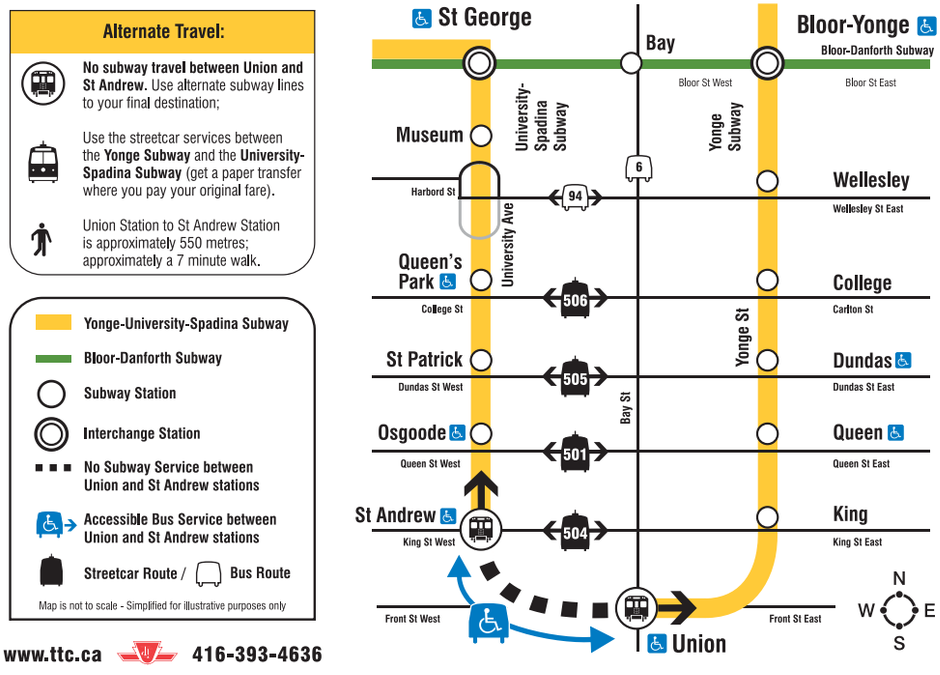
- Use the streetcar services between the **Yonge Subway** and the **University-Spadina Subway** (get a paper transfer where you pay your original fare).
- Union Station to St Andrew Station is approximately 550 metres; approximately a 7 minute walk.



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The new catalogue is here. IKEA

Giant sinkhole swallows vehicle in Ottawa

A car is seen after falling into a hole on an Ottawa highway Tuesday. Fire officials say a driver suffered minor injuries. Spokesman Marc Messier says the car fell into the hole on the Highway 174 off-ramp at Jeanne D'arc Boulevard. The driver was the only person in the car. CONTRIBUTED-OTTAWA FIRE DEPARTMENT/THE CANADIAN PRESS

Hummer drives into speeding car to save children

Edmonton. While police don't recommend this behaviour, driver may get a citizen citation award

LAURIE CALLSEN
Metro in Edmonton

Edmonton police say a Good Samaritan drove his Hummer towards a speeding driver Aug. 31 to prevent an accident that could have seriously injured or killed four youth. LAURIE CALLSEN/METRO

The Edmonton Police Service is crediting the actions of a Good Samaritan motorist who intercepted a speeding car that could have hit four young pedestrians last Friday.

EPS responded to a two-car crash at a mall around 4:25 p.m., where they learned that a Hummer deliberately drove into a speeding Pontiac G5 that was about to hit four children using the crosswalk across 84th Avenue.

Witnesses told police that the driver of the Pontiac was speeding and talking on his cellphone as he passed by several vehicles stopped to let the pedestrians cross.

Darrell Krushelnicki of Taber was leaving the mall parking lot at the time and saw the speeding vehicle headed directly towards the children, ranging in age from three years old to 16 years old.

"I guess I just got in front of that car and deflected him," said Krushelnicki. "It was a reaction. I could see what might happen. Because all the vehicles around me had stopped, I could see what was going to happen. It was an instinct thing."

If it wasn't for Krushelnicki's actions, police spokesperson Scott Pattison said it could have been a tragic situation, as officers believe that the Pontiac was driving around 80 km/h in a 30 km/h crosswalk zone.

"He did a very valiant thing. Obviously police don't recommend that people do those sort of things that put their own lives in jeopardy, but certainly we could have been talking about a very different story today," Pattison said, adding that Krushelnicki may also receive a citizen citation award.

John Troy Heitzman, 23, has been charged with dangerous driving.

Stolen tampons may pose health risk

Thieves have stolen and sold some rejected tampons that may pose a health risk if used, Kimberly-Clark Corp. said Tuesday.

The Dallas-based consumer products company said that some of its Kotex Natural Balance Security tampons failed final inspection and were sent to an outside company to be destroyed. But at an unknown point they were stolen and the defective products were then sold to the public.

Some of the tampons have increased levels of bacteria, the presence of metallic particles and imperfect raw materials, Kimberly-Clark said. The company added the health risk to consumers is low and that it has received no complaints.

The products had been scheduled to be destroyed between October 2011 and June 2012. Kimberly-Clark said it did not know the locations where they were sold.

Kimberly-Clark said it is working with the criminal investigation division of the Food and Drug Administration to determine what happened and to recover the product.

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German far-right leader vows to take party mainstream

National Democratic Party of Germany — The People's Union. Bloc drawing the ire of authorities as well as some of its own members

At a rally of Germany's biggest far-right party, skinheads raise fists to nationalist chants and wear T-shirts that skirt the limits of German law: "Enforce National Socialism" reads one; another proclaims the wearer to be "100 per cent un-kosher." Some cover illegal neo-Nazi tattoos with masking tape because police are on the prowl.

But the party's leader insists he is taking his National Democratic Party mainstream.

"My aim is to make the NPD a party firmly based in the present and looking toward the future," Holger Apfel said in an interview at the rally. Breaking a far-right taboo, he said that Nazi Germany's record during the Second World War included "crimes."

Apfel has tactical reasons for toning down his message: Authorities are currently considering a ban on the party. Yet the attempt to appeal to the centre has prompted anger in the country's small but entrenched ultra-right movement, where many refuse to acknowledge that Germany under Nazism — or National Socialism — was responsible for the slaughter of six million Jews. Some NPD members have left; others threaten to do so.

Despite talk of change, it doesn't take long for Apfel to show his own flashes of hardcore xenophobia, which extend to seeing a threat to the "biological basis" of the German people.

He frowned when asked his feelings about the success of Marcel Nguyen, a half-Vietnamese gymnast who won two silver medals for Germany at the 2012 Olympics.

"I can freely say it's not something that causes me euphoria," Apfel said, before hastily adding: "But you won't see us calling for the deportation of half-breed children."

THE ASSOCIATED PRESS

Quoted

"We ... have to ensure that Germany again becomes the country of the Germans. We see the growing danger that the biological basis of our people will wither away because there's an increasing mixing."

Holger Apfel, leader of the National Democratic Party

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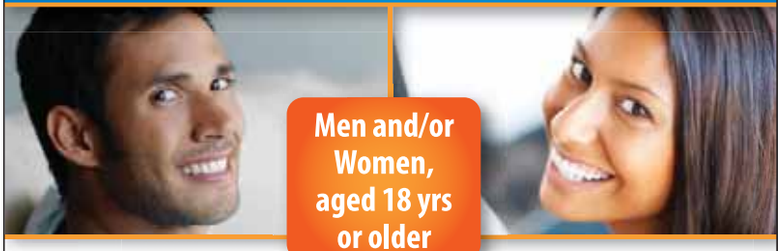
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Canucks were glued to TVs in 2011: Report

Broadcasting.
Traditional media remains solid despite more online options, wireless devices

Canadians' love affair with television programs remains undiminished, despite the proliferation of new online and wireless platforms that were supposed to threaten traditional media.

The CRTC's new report on the communications industry shows Canadians watched an average of 28.5 hours of TV last year, up 30 minutes from 2010, even though they had more media choices than ever before.

In fact, Canadians increased their TV program viewing even more — if the 2.8 hours spent watching television shows online is included.

Radio listening was also up only more moderately, from 17.6 to 17.7 hours a week.

"The fact that they are spending more time watching or listening to programming is good news for Canadian creators," said Jean-Pierre Blais, chairman of the Canadian Radio-television and Telecommunications Commission, in the annual report from the federal regulator.

It's also good news for communications companies.

Broadcast revenues climbed 5.5 per cent to $16.6 billion from 2010, and revenues from telecommunications services increased by 2.5 per cent to $42.7 billion.

Overall, the communications industry accounted for about 4.6 per cent of Canada's gross domestic product in 2011. THE CANADIAN PRESS

Cable nation

There was a six per cent spike, to 27.4 million, in the number of Canadians subscribed to wireless services.

- The only loser was home phone subscriptions, which fell 2.7 per cent to 12.2 million in 2011, continuing a trend.

South Africa

Buffalo auctioned for $3.25 million

A young buffalo bull with massive bowed horns sold at auction for a record 26 million rand ($3.25 million US), the South African Stud Breeders' Association said Tuesday. Owner Jacques Malan said the almost five-year-old bull called Horizon has horns measuring 130.5 centimetres long and a boss, or horn base, nearly 41 centimetres wide — a South African record for an animal that age. THE ASSOCIATED PRESS

Iron Lady's suit sold

The turquoise wool suit, left, that former British prime minister Margaret Thatcher wore on the day she was confirmed as Conservative Party leader sold at auction for 25,000 pounds ($39,670 US) on Monday.

SANG TAN/THE ASSOCIATED PRESS FILE

Market Minute

DOLLAR 101.44¢ US (-0.01¢)

TSX 11,941.7 (-7.56)

OIL $95.30 US (-$1.17¢)

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A SWEET DEBACLE THAT'S LEFT N.Y.C. THIRSTY FOR ANSWERS

JUST SAYIN'
Paul Sullivan
metronews.ca

There's battle lines being drawn
Nobody's right if everybody's wrong…
Buffalo Springfield — For What It's Worth

The battle lines are indeed being drawn in New York City in advance of the vote to ban big sugary drinks in the Big Apple, set for Sept. 13.

WeightWatchers, Jenny Craig, the South Beach Diet, etc., are all lining up alongside Mayor Michael Bloomberg, who wants to make it illegal to sell any sugary drink larger than 16 ounces, or, as we like to say here in Canada, 475 millilitres.

On the other side: New Yorkers for Beverage Choices, which enlists more than 2,000 businesses and a quarter of a million people. According to the New York Times, six in 10 New Yawkahs oppose the ban.

Not your sugar daddy

Like every other discussion in the U.S., the battle lines are drawn around individual freedom. You either have the freedom to drink your face off and court obesity, diabetes, heart disease and cancer, or you don't.

Of course, you could just buy X number of 16-ounce beverages and thwart the mayor's evil scheme, but nothing says convenience like a two-litre Double Gulp, especially after all those salty fries and triple-decker cheese and bacon burgers.

Like every other discussion in the U.S., the battle lines are drawn around individual freedom. You either have the freedom to drink your face off and court obesity, diabetes, heart disease and cancer, or you don't.

New York's mayor argues that you don't, and is supported by the fact that the city faces an annual $4-billion US price tag to handle the health problems of the obese.

The other guys say this is just the thin edge of the wedge and do you really want the government telling you what and how much to eat and drink? As someone who just spent a day at the PNE (Pacific National Exhibition) and managed to resist deep-fried Wagon Wheels and Mars bars, but stumbled over those cinnamon and sugar-encrusted mini-doughnuts, it's hard to disagree.

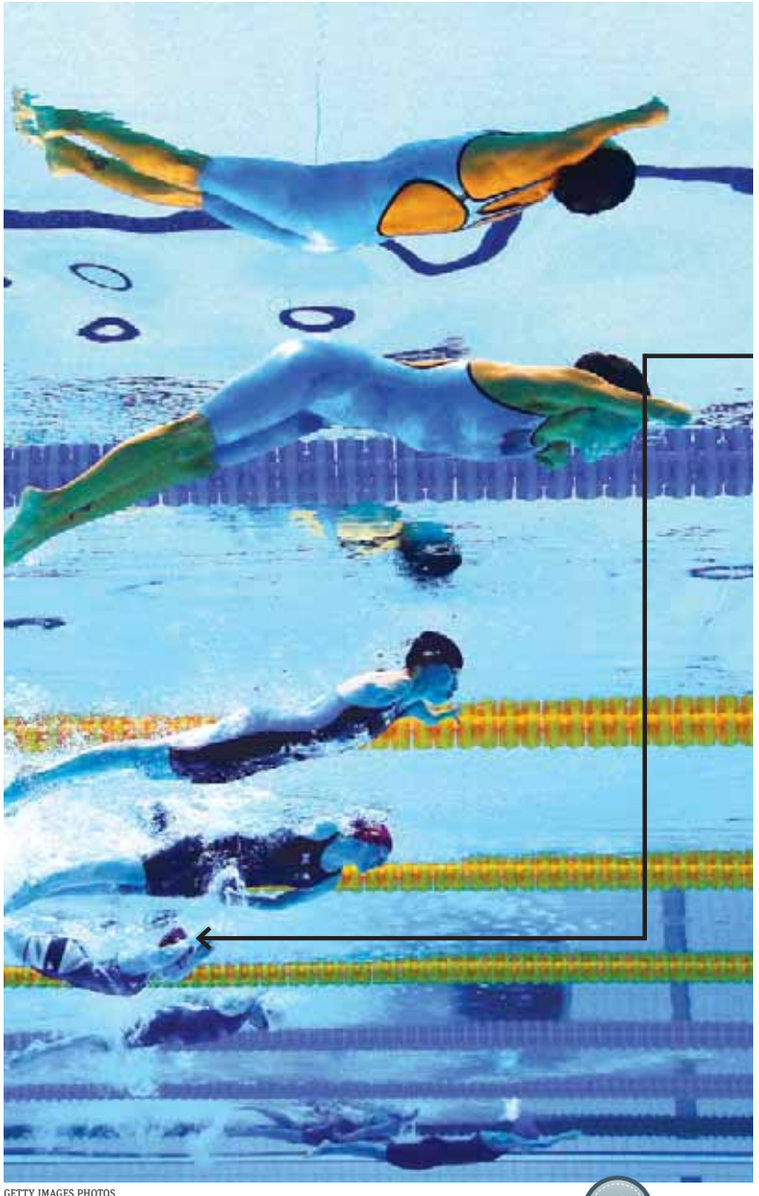
Where do you draw the line? Most of us are in favour of a balanced diet, but the diet and nutrition neighbourhood is not a safe place for moderates these days. Everything except lentils is bad for you, and you bet there's someone who can prove beyond a doubt that lentils cause cataracts, chancre sores and/or cancer. If Bloomberg can get big sugary drinks banned, what about those nasty lentils?

Still, more than one-third of U.S. adults (35.7 per cent) and 17 per cent of children and adolescents aged two to 19 years are obese. (The number is a little better in Canada — 23 per cent of adults.) Not "a little pudgy," or "could afford to lose a few pounds." Obese. And the crazy thing is we have the cure, which can be summarized in two words: Eat less.

Sometimes in the war of words, less is more.

A man protests against New York City Mayor Michael Bloomberg's proposal to ban sugary soft drinks over 16 ounces. GETTY IMAGES FILE

Can you spot the Piranha?



GETTY IMAGES PHOTOS

Paralympic sensation

Swim won in record time

This glorious image shows Paralympic swimmers taking off in the 200-metre medley SM6 category.

This race is for athletes who have lost limbs, have co-ordination problems or are considered dwarfs. It was won by British swimmer Eleanor (the Piranha) Simmonds — who suffers with dwarfism — in world-record time. Aged 17, it was her fourth Paralympic gold. METRO

The Piranha poses with her gold.

Underwater Olympic cam

- The L2012 camera races with the swimmers, and even tweets at the same time.

Streaking ahead

9

Simmonds finished the race nine seconds ahead of Germany's Verena Schott, who took silver, with another Briton, Natalie Jones, taking bronze. Simmonds set a new world-record time of 3: 05: 39.

Metropolitan Panel

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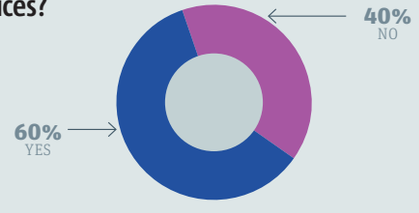

Twitter

@stevieyaacoub: Wow people it's the first day of school and there's already been a stabbing ... I honestly fear for the future of humanity

@LestonToussaint: What is this ?! A Thunderstorm or a Tsunami

@blogsley: Rainy weather doesn't help cure the Tuesday blues.

@okcomputervodka: Tom Anselmi is the new President and COO of the MLSE. Hopefully good things ahead.

@torontowashome: Tom Anselmi talks a lot, says a lot, it's all cliches, & it's meaningless - his teams all lose. None R competitive, let alone win. #MLSE

@KurtLarSUN: #CanMNT on pace for crowd equal to or greater than the Honduras match. Should be a good environment Friday night.

metro

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Bradley Cooper stars in The Words, a film directed by his best friend Brian Klugman. HANDOUT

Cooper complicated in The Words

New film. Multi-layered flick follows a struggling writer's rise to fame and how he deals with decisions

NED EHRBAR
Metro World News

For Bradley Cooper, signing on to star in The Words — co-written and co-directed by his childhood best friend, Brian Klugman — was a no-brainer. But that doesn't mean he was entirely comfortable actually playing Rory Jansen, a struggling writer who discovers a lost manuscript and passes it off as his own, leading to overnight literary success.

"I was very scared that I was going to fail (Klugman and co-director/co-writer Lee Sternthal) when they asked me to do it," Cooper admits. "I said yes because I would do anything for them. Brian is my best buddy. It was a week before shooting, I was reading the script one last time, and he knew I was worried that I really didn't get Rory."

The multi-layered film follows Rory's rise to fame, his wife (Zoe Saldana) supporting him all the way while also telling the story recounted in the lost manuscript, a tragic love story set in post-Second World War Paris between a young American GI (Ben Barnes) and French woman (Nora Arnezeder). Framing all of that is an established author (Dennis Quaid) re-telling the entire tale, with a very interested listener (Olivia Wilde) pressing him for more details. The film itself gave Cooper a kind of thrill he hasn't necessarily gotten in a while and it "got me to places I didn't know I could get to," he says.

Quote

"It's much more complicated then a plagiarist who wants success."

Bradley Cooper
Talking about his character Rory Jansen

While the act of plagiarism at the heart of the plot may be tough for audiences to sympathize with, Cooper found a way of understanding Rory's decision.

"It's much more complicated then a plagiarist who wants success. His goal is not to be a famous writer. His goal is to meet the expectations he has of himself," Cooper explains. "I don't see Rory as a slime-bag at all. I see him as a man who's not really a man and grappling with what it is to be a man. I think his Achilles heel is his impatience, and the thing I really liked about the script and the hook for me was the fact that he actually is a good writer. He's not a poor writer who's just looking for any way to get success, but he's just so preoccupied with living up to some idea who he thinks she should be. That's his fatal flaw."

Rory suffers his fair share of rejection before stumbling upon the words that will make him famous, and Cooper himself admits he's no stranger to rejection as an actor — in fact, in his early days he was a little too used to it.

"When I first started auditioning, I didn't realize — and I'm not even kidding — that you actually could book a job," he says. "I still remember when I booked Sex and the City, I was actually very frightened because I had to actually do the job. I didn't really understand that concept. I was like, 'What do you mean, it's not a videotape in a room? We're actually going to be on the street, with Sarah Jessica Parker?' I came at it from another side where rejection was normal and getting it was odd."

SCENE2

On the web

Former football star Michael Strahan becomes Kelly Ripa's co-host of morning TV show

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Struggling for The Words has been a common movie theme

Familiar role. Bradley Cooper takes on a character that many have tried to capture before

RICHARD CROUSE
scene@metronews.ca

Bill Murray and Johnny Depp both hung out with Hunter S. Thompson, pictured here, to get the gonzo journalist's character down.
FRAZER HARRISON/GETTY IMAGES

It should come as no surprise that there are dozens, if not hundreds of movies about writers. After all, who is coming up with the ideas for these movies? Writers! The very people who put pen to paper, or fingers to keyboards, and come up with the ideas that are the building blocks of film.

This weekend The Words, starring Bradley Cooper, Denis Quaid and Zoe Saldana, is the latest movie to explore the process of putting words in the right order.

Woody Allen has featured writers in many of his movies — Meryl Streep plays a writer in Manhattan, in Midnight in Paris Owen Wilson portrays a screenwriter visiting Paris — but Deconstructing Harry features his most vivid portrayal of a tormented author. Woody plays a novelist with writer's block whose characters come back to haunt him.

"I'm a guy who can't function well in life but can in art," he says.

David Cronenberg's Naked Lunch is probably the most hallucinatory look at the writing process ever put on film. How strange is it? Typewriters turn into bugs, that's how weird it is.

To get into the character of Hunter S. Thompson for Where the Buffalo Roam, Bill Murray hung out with the Gonzo journalist. In preparation for Fear and Loathing in Las Vegas, Johnny Depp did the same thing, which led to a friendship that lasted until the writer's death. "He knew I worshiped him," said Depp, "and I know that he loved me, so he may have been part father figure, part mentor, but I'd say the closest thing is brothers. We were like brothers."

Other Allen stuff

Woody Allen's other writer role.

- **Movie history.** Allen also played a writer in The Front, a movie about a talentless hack who "fronted" for blacklisted writers. Allen's performance, however, is overshadowed by Zero Mostel as an out-of-work comic in this savage indictment of the McCarthy witch-hunt.

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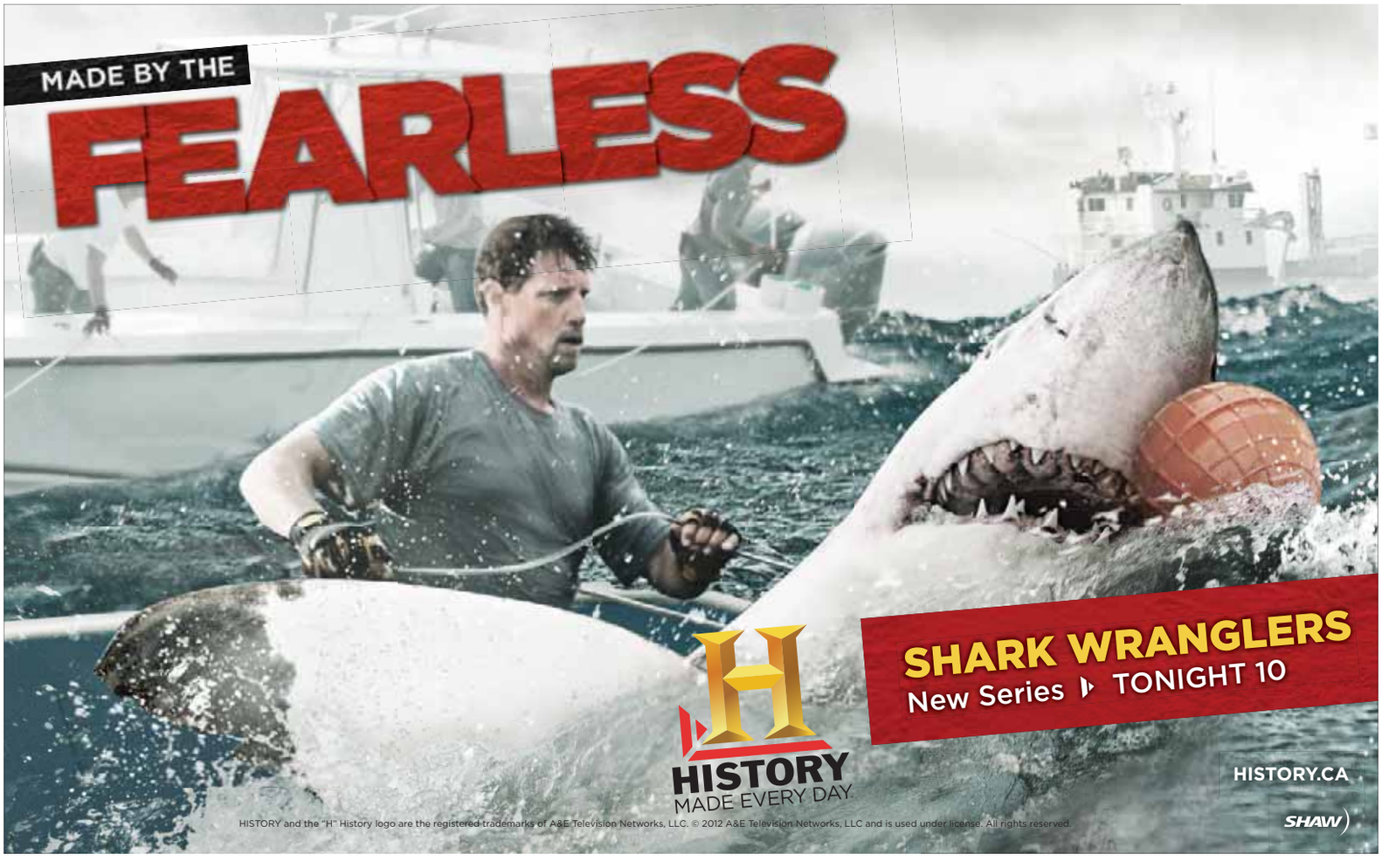
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R. Kelly promises return to explicit, baby-making music

New album. R&B singer talks about his latest release Black Panties and its upcoming tour

R. Kelly is returning to his roots with his next album. GETTY IMAGES

R. Kelly has been all about romance on his last two albums, but the self-proclaimed Pied Piper of R&B says he isn't going to abandon the explicit music that helped make him famous.

"Absolutely not, and I tell people all the time man," Kelly said in a phone interview last week. "Make no mistake about it, R. Kelly is not going anywhere, it's just that R. Kelly has such a unique talent, and I've been blessed to be able to do all type of genres of music ... I'm exploring my gift right now."

Kelly's recent Write Me Back and 2010's Love Letter were a departure of sorts for the singer-songwriter, whose hits include classics like Your Body's Callin'.

He described those acclaimed albums as a way of taking a break from his typical explicit material to try something new.

"When you've done twenty-something years, man, of giving people what they want, and satisfying people — people like to say they're making babies off your music, they're doing all this — it makes me feel good, but at the same time, it makes me say, 'OK, now it's time to go and do something that's in me that I want to do and get out,'" he said.

He said his upcoming album will be on more familiar R. Kelly ground.

"The name of my next album is Black Panties — that's my next 12 Play," he said, referring to his classic album filled with sexual material. "I'm going to have some fun on it."

Kelly also plans to have fun on his upcoming Single Ladies North American tour, which kicks off Oct. 13 in Columbia, S.C., and runs through December. Kelly said he aims for it to be "one big giant Dating Game."

"We really want the single ladies up there, and where guys know there's single ladies, they're going to be in the mix, because they're looking for a woman," he said.

THE ASSOCIATED PRESS

Other work

R. Kelly is working on other things besides commercial music.

- **New characters.** R. Kelly is also focusing on the next chapters in his Trapped musical soap opera; he's been filming in his native Chicago and promises new characters, more surprises and an explanation of what the mysterious "package" is.

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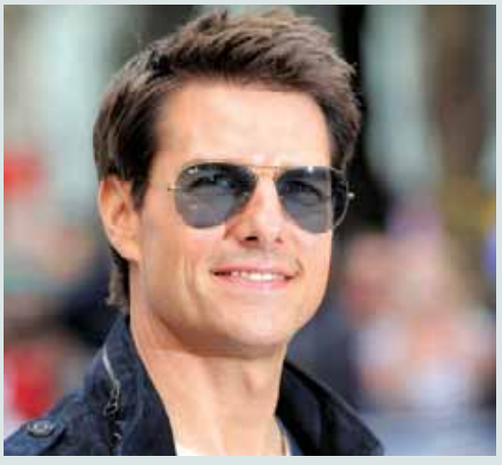

Although Tom Cruise's reps have dismissed Vanity Fair's latest cover story as "lies designed to sell magazines," writer and director Paul Haggis has come out in support of the article, which alleges that the Church of Scientology acts as Cruise's creepy personal dating service.

In a letter to entertainment website Showbiz 411, Haggis, a former Scientologist, confirms that the church thoroughly vetted Iranian actress Nazanin Boniadi in 2005, then ostracized and humiliated her when she wasn't deemed a suitable wife for the actor.

"I was deeply disturbed by how the highest-ranking members of a church could so easily justify using one of their members; how they so callously punished her and then so effectively silenced her when it was done," Haggis writes. "It wasn't just the threats; they actually made her feel ashamed, when all she had been was human and trusting."

We're not sure what's so wrong with trusting, but human? Definite Cruise deal-breaker.

Seal and Heidi Klum

Klum not drawn into public dispute with ex

Seal may be getting a lot of attention from lambasting Heidi Klum for "deciding to fornicate with the help," but Klum is keeping it classy when it comes to her own comments. "I cherish all of the great memories Seal and I created together over the years. Our separation was based on issues between the two of us," Klum says in a statement to Us Weekly. "Seal has moved on and so have I. My priority has and continues to be protecting and providing for our children."

Minka Kelly rekindling romance with Human Torch

Avengers star Chris Evans and Minka Kelly have reportedly begun dating again, rekindling their romance that flickered briefly in 2007, according to Us Weekly.

"She did a number on him back then," a source says. "But she reached out to Chris this time." In the meantime, the actress dated New York Yankees star Derek Jeter from 2008 to 2011.

While the pair have reportedly been hitting the town in Boston and New York in the past month, Evans' friends hope he takes it slow: "He's still a little insecure, so he's being cautious," a pal tells the magazine.

Minka Kelly

Fast downloads.

Fast uploads.

Justin Bieber

More ink for Biebs

Justin Bieber's tattoo addiction continues, as the 18-year-old singer debuted his latest work, a small crown on his chest, in a shirtless photo on Twitter.

Bieber's other numerous tattoos include a portrait of Jesus on one leg and a pair of praying hands on the other, the Hebrew word for Jesus on his rib cage and the word "believe" on his forearm. The crown marks Bieber's seventh tattoo.

He also took the chance to tease himself for posting so many topless photos of himself on Twitter, writing, "I'm thinking to myself 'wow really justin 3 shirtless pics in 3 days' who do I think I am a young [Mark Wahlberg]?"

Prince Harry, 6-year-old make light of party scandal

Prince Harry made his first public appearance since photos chronicling his naked Las Vegas partying hit the tabloids, attending the WellChild Awards in London, according to People magazine. One attendee, 6-year-old leukemia patient Alex Logan, had planned to make light of the prince's recent scandal, saying in a TV interview he was going to tell Harry, "I'm glad you kept your clothes on." But when the moment arrived, the prince headed him off: "You keep looking up at your mum. It looks like you're dying to say something but you're worried she'll tell you off," Harry told Logan when they met. "I heard you were on ITV earlier and you said something cheeky, but let's not talk about that here."

Twitter

@kevinbacon
Me and my boy don't often do the suit and tie thing but weddings are a chance to dapper up!

@SandraBernhard
in lieu of shabbat i'll be listening to bon jovi's living on a prayer.

@JerrySeinfeld
Gotta go..

@SarahKSilverman
Gonna see what comes up when I google "Hitler fan fiction" Stand by

Michael Jackson

Jackson was a 'mess' during tour preparations

Michael Jackson was reportedly a mess during preparations for his This Is It tour in the weeks leading up to his death, according to 250 pages of emails between executives for AEG, the tour's backer, obtained by the L.A. Times. "MJ is locked in his room drunk and despondent," AEG's Randy Phillips writes. "I [am] trying to sober him up." Phillips' attempts to get the singer to work apparently didn't go well: "I screamed at him so loud the walls are shaking," he writes. "He is an emotionally paralyzed mess riddled with self-loathing and doubt now that it is show time."

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Sure, the unofficial end of summer has passed but that doesn't mean you aren't still dreaming of a little beach time. You don't have to be a Hollywood megastar to vacation on your own private island. For the price of a night in a four star hotel, or less, you can live like Branson.

EMMA E FORREST
travel@metronews.ca

5 private islands

1 Wilson Island, Australia

Where? Great Barrier Reef, Queensland, Australia
What? This tiny tropical coral dot of sand in the Great Barrier Reef is probably the most romantic campsite in the world, with six luxury tents placed steps away from silvery sands that melt into the azure sea where you can explore a whole reef full of colourful marine life. Spend all day languishing in a hammock, go snorkeling or kayaking and by night compare notes over a moonlit dinner of fresh fish in the communal dining area.
For how many? 12
Exclusive rental? From $391 each per night, including all meals and drinks. wilsonisland.com.au, Book through tailor-made.co.uk.

2 Fort Clonque

Where? Alderney, Channel Islands, United Kingdom
What? If you're looking for character in your private island then this pocket-sized historic fortress is a great one, linked by a causeway to the island of Alderney in the Channel Islands, about 24 km from the north-eastern tip of France. Fort Clonque was built on a group of rocks just off Alderney in the mid-19th Century and discovered by Hitler in 1940 who refortified it with a vast casement for a huge gun, which was transformed into an elegant bedroom when it was refurbished in the late 1960s.
For how many? 13
Exclusive rental? $1,000 for four nights self-catering. landmarktrust.org.uk

3 Fowl Quay, Bahamas

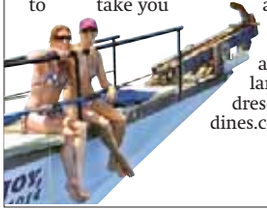
Where? Exumas, Bahamas
What? Make like Johnny Depp with your own private Bahamas island hideaway. This 50-acre family-owned retreat has six luxury one-, two- and three-bedroom ocean-facing villas each with amazing views over the crystalline azure sea, and their own motorboat to explore it with. Book the island exclusively and you can loaf on a different secluded silvery beach each day, snorkel in the local reef and sip cocktails. Tuck into picnics or enjoy moonlit fresh-seafood dinners made by the island chef. Or prep your own meals — each villa's kitchen is stocked.
For how many? 26
Exclusive rental? $450 each per night including international flights to Nassau, all meals, drinks, watersports, personal motorboat and golf cart. fowl-cay.co.uk.

4 Orca Island, USA

Where? Humpy Cove, Resurrection Bay, Alaska
What? Come to this pristine corner of Alaska for a serious digital detox and commune with nature: this place is off-grid, so there's no mobile phone signal and each of the five cabins here is solar-powered. You're far from roughing it, though. Each self-catering cabin has a bathroom, luxurious queen bedroom and kitchen. There's even a barbecue on the deck, so you can cook freshly-caught salmon while you look out for local sea lions, puffins, seals and migratory whales. Spend your days kayaking, hiking, fishing or just chilling out in this Alaskan wilderness.
For how many? 20
Exclusive rental? From $176 each per night including lodging, water taxi to the property, unlimited use of kayaks, row-boat and fishing gear. orcaislandcabins.com

5 Ariara, Philippines

Where? Calamian Islands, Palawan, Philippines, 250 km South-West of Manilla.
What? This unspoiled 125-acre tropical island is run like the millionaire's retreat that it is. Hire it exclusively and you'll stay in this luxurious haven with 30 members of staff including a manager to keep things running smoothly, a PADI Dive Instructor to take you swimming with turtles and a personal chef to cook you lobster fresh from the sea. Spend days drinking cocktails on the silky white sand beach, snack on fruit picked on the island, snorkel in your own private protected reef or use some of the watersports toys.
For how many? 18
Exclusive rental? From $295 each per night low season for a group of 15 to 18 guests including all meals, and two dives per person. ariarais-land.com dresortgrena-dines.com



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On the web

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Europe. In Canada

Want a Euro-feeling vacation without the trans-Atlantic flight? Here are three picks in our own backyard.

PAT HEALY
travel@metronews.ca

Montreal

Montreal could be the most vibrant, least intimidating city in North America. And it's all in how it's mixed. Residential areas sit in streets just behind main thoroughfares, and mainstream shops sit on the same blocks as secondhand stores, start-up art galleries and decadent nightlife destinations.

To see and stay: Though the Old Montreal neighbourhood houses more touristy shops than the newer part of the city, the decor of the area is faithful to its heritage and allows for the flourishing of architecture that dates back to the 1600s. Experience this history by staying at Le Petit Hotel, a cosy 24-room boutique hotel housed in a 19th century building. It's just blocks away from the Notre-Dame Basilica, built in the 1820s.

To do and eat: The best way to get around the city and see as much as possible is to use Montreal's enviably comprehensive Bixi system. With bicycles set up in 411 different locations around the city, you're able to rent a bike for a half-hour at a time to check out all the shops on the hill. Plus, the city is so bike-friendly in its road design that you can feel relatively safe zooming down St. Urbain. There are many top-notch restaurants, but we recommend Cafe Du Nouveau Monde (tnm.qc.ca) and Nora Gray (noragray.com).

Montreal gets cold quick, so if you're going to go, go now! THINKSTOCK

Mont Tremblant

Mont Tremblant is a bit of a detour between Montreal and Quebec City, but it's worth it just to experience the magical relaxation available at the Scandinave Spa (scandinave.com/en/tremblant). It's not just the massages that make a trip here a must after hiking up the mountain, skiing or riding the ziplines (tremblantactivities.com). What makes this spa so special is its prescribed hot/cold/cool down program. You spend 15 minutes in a steam room or hot tub, dip in a colder pool or the nearby lake quickly and then chill out in one of the ultra-comfortable double-hammocks hanging between the trees. The village at Mont Tremblant may feel like it was made by the same people who brought you the Christmas Tree Shop, but you'll forget that as soon as the food arrives at Aux Truffes (auxtruffes.com). We recommend the pan-seared scallops or the Quebec Boileau's red deer fillet.

Quebec City

To see: An indisputable part of Quebec City's charm is its location on the St. Lawrence River. To fully appreciate the view, hop aboard any of the boats available from Croisieres AML (croisieresaml.com/en). The hour-and-a-half option provides amazing glimpses of the iconic Chateau Frontenac and Montmorency Falls, which at 275 feet high are almost 100 feet higher than Niagara Falls.

To eat: Quebec City has hundreds of restaurants in its Upper Town and Lower Town areas, most of which offer outdoor dining for maximum people-watching and maximum European feel as you sip by the cobblestone streets. However, a restaurant called Le Cercle (le-cercle.ca) in the city's Saint-Roch district is worth a trip off the beaten path. Antique lightbulbs dangle from the ceiling and artsy films are projected on the wall, but the arts it truly excels at are the sommelier and culinary arts. Entrust your taste buds to the experts and order La Mania; the cooks deliver a multi-course meal based on what's in season, and the bar staff perfectly pair drinks with it.

Quebec City has plenty of old-world charm. THINKSTOCK

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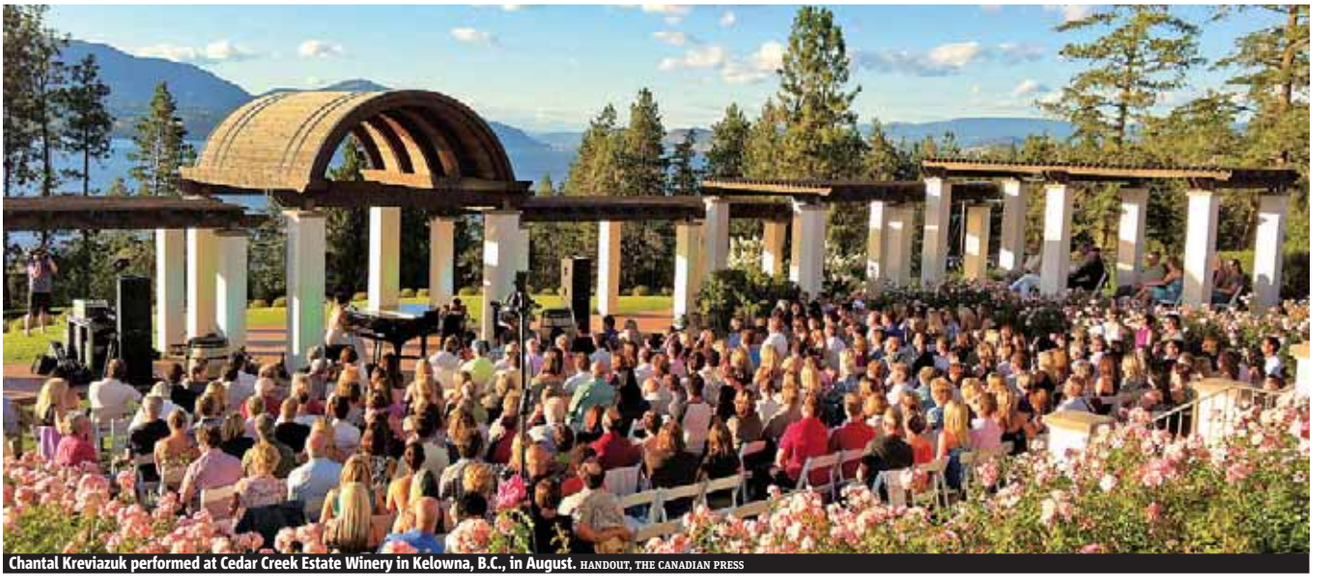
The sound of music, in B.C. wine country

Growing concert scene. Musicians and fans are learning there's nothing better than a pretty venue and a glass of wine



Chantal Kreviazuk performed at Cedar Creek Estate Winery in Kelowna, B.C., in August. HANDOUT, THE CANADIAN PRESS

When the president of Cedar Creek Estate Winery first started hosting concerts at his Okanagan vineyard and inviting musicians to perform there nine summers ago, many prominent Canadian artists wouldn't give him the time of day.

After all, a 350-seat venue — a pavilion under the open sky and surrounded by rows upon rows of lush green grape vines, no less — hardly seemed like an attractive offer to the agents of singers such as award-winning Canadian singer-songwriter Chantal Kreviazuk, who is used to performing at larger venues, said Gordon Fitzpatrick.

"The first concert we did, we didn't even have chairs, people brought blankets," he said, laughing. "My son, who wasn't very old at the time, still hasn't forgiven me . . . the band was a bunch of middle-aged women with harps."

Cedar Creek has come a long way since that summer, when Fitzpatrick decided he wanted to follow the footsteps of wineries in Washington state and in California's Napa Valley and start offering concerts, too.

Over the years, he has hosted Jim Cuddy of Blue Rodeo three times, and Chantal Kreviazuk performed this summer at the winery's pavilion for the second time. This year's Polaris Music Prize nominee Kathleen Edwards was also a guest a few years ago.

It was the exquisite wine offerings, the stunning Okanagan scenery, summer weather and the intimate and interactive venue that convinced them all to come, said Fitzpatrick.

Those same elements, plus the relaxing atmosphere, the romantic ambience and great music, are also drawing plenty of locals and tourists to British Columbia's wine country every year.

"You can imagine a glass of Cedar Creek Pinot gris in one hand, and listening to Chantal Kreviazuk, it makes for a very memorable evening," Fitzpatrick said.

Every year the winery hosts several concerts in the summer, and all proceeds go to Kelowna's Rotary Centre for the Performing Arts.

Fitzpatrick says concert tickets, which range from $50 to $95 each, tend to sell out within two or three days. Wine sales also go up significantly during performance days.

"We do $5,000 or $6,000 worth of business on a regular weekday at the winery during the summer," he said. "We come close to doubling that on concert evenings just on wine sales."

But the Kelowna winery isn't the only one in B.C. to host musical talent and benefit from the resulting spike in wine and dinner sales during the summer.

Many others in the Okanagan Valley do so as well, and the concerts attract tourists from the Interior, Metro Vancouver, Alberta and as far away as Europe, said B.C. Wine Institute chair Josie Tyabji.

"It's really the next evolution in offerings of the arts and cultural experience of the wine industry," she said.

"How the industry basically started out was with winery visitations, tours and tastings. As the industry began to mature, we saw more opportunities to integrate different experiences."

Mission Hill Family Estate Winery in west Kelowna boasts a 1,000-seat, dramatically sloped amphitheatre. Since the property is located in a valley, the sound quality is second to none, according to Kelowna-based arts critic Glenna Turnbull.

For at least $90 a ticket, visitors can watch artists such as Grammy nominee and award-winning jazz artist Chris Botti perform against the backdrop of the vineyard, the pristine Okanagan Lake, the Coast Mountains to the west and the Monashee Mountains to the east, and of course, the brilliant orange glow of the setting sun.

"There's just something magical about being outside on an Okanagan evening and staring out into the lake and listening to good music and drinking good wine," said Turnbull.

THE CANADIAN PRESS

Take a picture

Sounds, interrupted

Kelowna-based arts critic Glenna Turnbull says that the musicians often get swept away by the Okanagan scenery at the Mission Hill Family Estate Winery in west Kelowna.

"The last couple of performers I've seen had pulled out their cameras in the middle of the set, said 'Excuse me,' and turned around and took a picture of what the audience sees — the view of the lake — because they just can't believe how gorgeous it is where they're performing," she said.

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Pro tips for beating jet lag

Advice. We ask an expert — a cabin crew member, who gives us tips for adjusting to new time zones

DOROTHY ROBINSON
travel@metronews.ca

This guy ate before the flight. THINKSTOCK

Travelling the world is exciting. The jet lag that comes with it, however, is not. Although traversing numerous time zones to get to an exotic locale is unavoidable, the sleepiness and disorientation that come with it can be lessened. And who would know better than someone who deals with jet lag regularly for work? Richard Kleck, a cabin crew member on Emirates' A380 fleet, shares his advice.

So you travel all the time. What's the worst jet lag you've ever had?
The most challenging jet lag I've experienced would be one that includes two stopovers, such as Singapore and then on to Brisbane. Just as your body adjusts to one time zone, you have to up and leave for another — and then finally return to home and acclimate again.

What are some tips you've found to combat jet lag? One expert has recommended wearing sunglasses at night.
Drink plenty of water during the flight. My best advice is to go back to basics — appreciate your body and stay healthy. If my body's telling me to sleep, I do, and I make sure I get lots.

How do you readjust once you get home?
Getting a good night's sleep of at least eight hours is what helps me to refresh and readjust once I return. Let your body dictate your pace, but it's important to try and get back to your routine, whatever that may be, as soon as possible. Once a sense of normalcy sets in, shrugging off that jet lag becomes so much easier.

So what are some solutions?
Plan your sleeping and eating schedule prior to your flight. For example, if you know you will be on an evening flight, I often suggest preparing to eat dinner before the flight (not something heavy, avoid fried foods, for example), so that they may simply get on board and sleep without interruption.

If it's a long flight, get in tune to the time of your arrival.

Adjust your sleeping and eating during your flight accordingly.

When passengers ask me how to combat jet lag, while still wanting to enjoy our wine list, I always suggest alternating their beverage of choice with a glass of water. Also: avoid caffeine.

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Circus Circus — incl $349 base + $135 taxes & fees
INCLUDES accom on the Strip. Departs Sep 24/wsv/ws.

Orlando Family Special Air + 7 Nights + Car $472◊
Orlando Continental Plaza — incl $164 base + $308 taxes & fees
INCLUDES accom near theme parks with 7-day car rental. Price per person based on family of 4. Departs Oct 21/vth/c6. ADD *Walt Disney World* Resort 4-day *Magic Your Way* Base Ticket for $287/adult, $268/child (ages 3-9).

Washington DC Air + 3 Nights $659
Capitol Skyline — incl $533 base + $126 taxes & fees
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Montreal Thanksgiving Weekend 3 Nights $164
Travelodge Montreal — taxes & fees included
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Quebec City Air + 3 Nights $639
Hotel Clarendon — incl $510 base + taxes & fees $129
INCLUDES Old City accom. Departs Sep 21, 28/ggv/ac. UPGRADE to 4-star Delta Quebec for $19 per night. ADD whale watching excursion for $53.

Vancouver Thanksgiving Weekend Air + 3 Nights $712
The Empire Landmark Hotel — incl $545 base + $167 taxes & fees
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Are you ready to explore the Adirondacks? MARY ESCH/THE ASSOCIATED PRESS

Cruise down the Adirondack waters

New guide. Book offers paddle aficionados an insider's look at the best trips in this mountain range

A new guide to flatwater paddling in the Adirondack Park offers canoeists and kayakers a diverse selection of adventures, from remote, winding streams to broad lakes reflecting spectacular mountain vistas.

Adirondack Paddling: 60 Great Flatwater Adventures, will be available early this month from Lost Pond Press and the Adirondack Mountain Club. It describes day trips and multiday backcountry camping excursions for paddlers of all abilities, from beginners to seasoned explorers. It was written by Phil Brown, editor of the Adirondack Explorer news magazine and avid canoeist, hiker and rock climber.

"We asked Phil to do this book because we felt there was a need for a guide to the best paddling opportunities from every corner of the Adirondack Park," said Neil Woodworth of the Adirondack Mountain Club. "We also wanted to update Paul Jamieson's wonderful classic, Adirondack Canoe Waters. Jamieson's book had more of a river-running emphasis, though; we wanted a purely flatwater guide."

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Seattle haunts — the best places to soak up coffee, craft beer and culture

One day. Here is an itinerary that will keep you busy from dawn till dusk

REBECCA FINKEL
travel@metronews.ca

Shop for fresh fare in Seattle's markets. ISTOCK

Though the Seattle area's wooded trails are a shady refuge during the summer months, the city's streets offer another kind of cool. Here are our favourite places to soak up Seattle's culture, coffee and craft beer.

Morning

Take advantage of your jet lag and head over to Pike Place Market (pikeplacemarket.org) before the crowds make it difficult to navigate. Pick up some Rainier cherries, a fresh, buttered crumpet (The Crumpet Shop, 1503 1st Ave.) and a latte from the original Starbucks. Enjoy your spoils on a bench with a view of Puget Sound.

Thus fortified, you can explore the 105-year-old stall market, which sells local produce, seafood and meat, as well as books, clothes, jewelry and other handmade crafts. At 11:30 a.m., grab a seat by the window at Matt's in the Market (mattsinthemarket.com) for a plate of local oysters. If you're accustomed to Atlantic bivalves, Seattle's will knock you down with their delicate texture and sweetness.

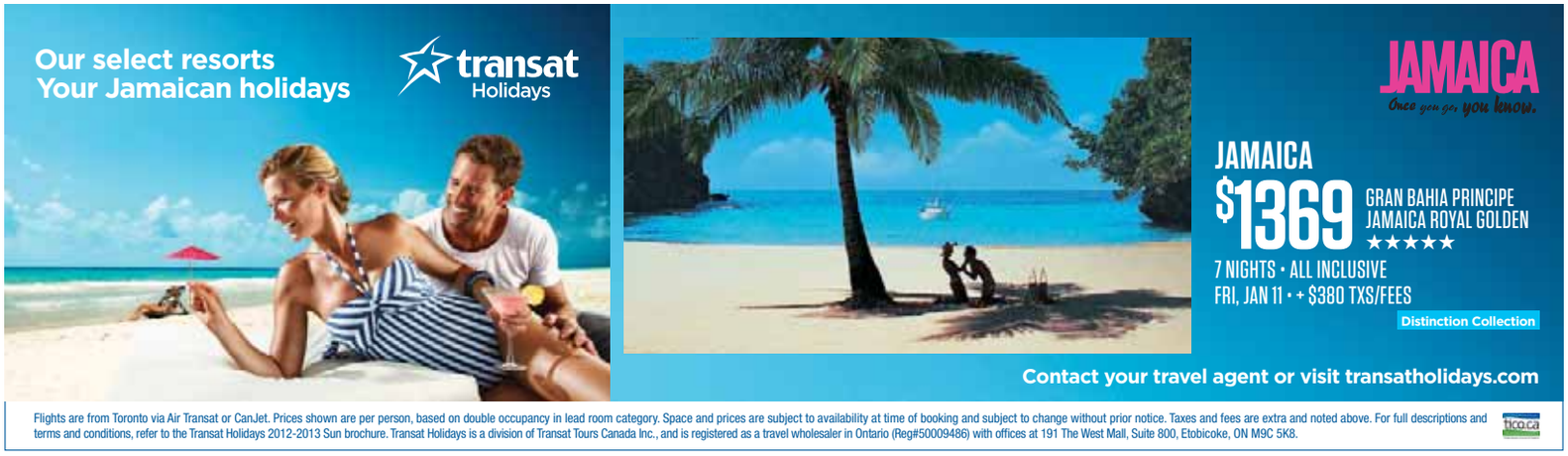
Afternoon

Fifty years after it was built as the site of the 1962 World's Fair, Seattle Center (seattlecenter.com) remains a vibrant hub of arts and culture. Current attractions include the Frank Gehry-designed Experience Music Project, a skate park and the new Chihuly Garden and Glass (chihulygardenandglass.com): an exhibition of the artist's dynamic glass sculptures curated by Chihuly himself.

The Fair's centerpiece, and the city's architectural mascot, is the Space Needle. There may be a long-ish line, but get on it — it's worth the wait for panoramic views of the city and the mountain ranges beyond, as well as the Mad Men-esque decor of its gently rotating restaurant.

Brew break

It's difficult to get a bad cup of coffee in Seattle, and it may be even harder to get a boring pint. The Ballard neighbourhood, home to the Ballard Locks shipyard, is rich in small bars and coffee shops. Ballard Coffee Works (ballardcoffeeworks.com) serves "standard-setting" espresso drinks



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It's hard to get a bad cup of coffee in Seattle. WORLDPIXELS/FLICKR

Sea meets sky in Seattle. ISTOCK

and bags of its self-roasted beans for you to take home to stoke your new caffeine habit. Nearby, The Walrus Bar (thewalrusbar.com) offers plates of local cow, goat and sheep cheeses that pair beautifully with neighbourhood brewery Maritime Pacific's Islander Pale Ale or Old Seattle Lager.

Evening

When happy hour rolls around, you may need a drink to temper the effects of the high-test espresso in your system. Sun Liquor Distillery (sunliquor.com) slings updated classics, made with its brightly flavoured housemade gins. Around the corner is Sitka and Spruce (sitkaandspruce.com), a casual farm-to-table restaurant whose kitchen is situated right in its dining room. Sit at the communal table so you can gawk at your neighbour's food with impunity. For a more intimate setting, reserve a table at Crush (chefjasonwilson.com) in Miller Park, which serves artful arrangements of the seasonal fare you saw that morning in the market.

Where to stay

Among its many perks, The Alexis Hotel (alexishotel.com) is located a block from the waterfront and is a short walk from the Pike Place Market.

It even issues a jogging map with routes that take you along the water and through the Seattle Museum's Olympic Sculpture Park. And its warm, relaxed Bookstore Bar is an excellent starting point for sampling local drafts.

Tip:

If you're travelling with children, check the schedule for Seattle Center's The VERA Project (theveraproject.org), an all-ages venue where kids can catch a rock show or a silkscreen workshop, and pick up a little bit of the DIY ethos that made you fall for Seattle back in the '90s.

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Back-to-school breakfast gets Blueberry-Banana Waffle boost

The best way to start the day is with a good nutritious breakfast, and you can't get much more fun in the morning than with waffles.

This recipe can easily be made in a big batch, days ahead and frozen. During busy Monday to Friday mornings, just pop frozen homemade waffles in the toaster for a grab-and-go breakfast for the kids. Children will probably only eat half a waffle.

Serve them with pure Canadian maple syrup, honey, jam or even yogurt.

If you don't have barley flour, you can substitute with the same amount of all-purpose or whole wheat flour.

Ingredients

- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 cup (125 ml) barley flour
- 1/4 cup (50 ml) wheat germ
- 2 tbsp (25 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1 cup (250 ml) buttermilk
- 2 eggs, beaten
- 1/4 cup (50 ml) butter, melted
- 2 ripe bananas, mashed
- 1 cup (250 ml) blueberries (if using frozen, blueberries should be thawed and drained)

1. In bowl, whisk all-purpose flour, barley flour, wheat germ, sugar, baking powder, baking soda and salt. In another bowl, whisk together buttermilk and eggs. Combine wet and dry mixtures; stirring to combine. Fold in butter.

2. Fold in bananas and blueberries until blended.

3. Fill your waffle iron with approx 1 cup (250 ml) of batter per waffle. Cook until golden and cooked through, about 5 minutes. Transfer waffles to baking sheet and keep warm in 200 F (100 C) oven until ready to serve.

Blueberry-Banana Waffles

This recipe makes four large waffles. EGG FARMERS OF ONTARIO

4. Keep waffles in one layer to keep crisp. Continue with step 3 until remaining batter is finished. If freezing, let waffles cool completely, double wrap in plastic wrap, label and freeze for up to 3 weeks.

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Drink of the Week

Caramelized Brown Sugar Banana Milkshake

- 1 tbsp butter
- 2 tbsp brown sugar
- 2 bananas, peeled and halved lengthwise
- 2 cups milk
- 1 cup vanilla ice cream
- 1/2 tsp cinnamon
- Pinch of salt

In skillet over medium heat, melt butter. Sprinkle in brown sugar and stir until bubbling. Add bananas, reduce heat to low and cook 3 mins., or until evenly browned. Use spatula to turn bananas and brown on other side for 3 mins. Remove skillet from heat and let cool 15 mins. Once cooled, use silicone spatula to scrape bananas and any liquid and caramelized bits in the skillet into a blender. Add milk, ice cream, cinnamon and salt. Purée until very smooth.

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Four Mistakes that can Cost You on Car Insurance

Keep your rates low by avoiding these costly mistakes.

The cost of car insurance is a major expense for most people, and rising rates often seem unavoidable. But an increase in your premium is not always something you can't avoid. Often, simple errors lead to over-paying for insurance. These four mistakes are the quickest way to see higher premiums.

Earning a traffic ticket. Tickets are one of the most common reasons that insurance rates go up. Many different traffic violations can be responsible for an increase. Speeding, running right lights and careless driving are all violations that result in insurance rates that are higher. It takes three years before the ticket is removed from your driving record.

Not shopping for rates before you buy a new car. People often find themselves shocked by the cost of insurance on their new car, but there's a way to avoid that. Every car comes with a different insurance rating, and some are pricier than others to insure. When you're considering options, get car insurance quotes on each possibility before you make a buying decision.

Failure to shop around at regular intervals. Many people avoid it because they believe it's a hassle, or think they can't get a better rate. This is one expensive mistake. People who take the time to shop around almost always pay less; and with internet quoting sites like InsuranceHotline.com, it's easier than ever.

Failing to take advantage of multi-policy discounts. What do your home and auto insurance have to do with each other? Well, if you insure them all in the same place, it could be quite a lot – of savings that is. Most insurance companies offer a multi-policy discount. If you don't have all of your policies in the same place, you could be missing out on some big savings on all of your policies.

Remember that the very best way to keep your insurance premiums low is to be a safe driver and shop around for better rates. Insurance quoting sites like InsuranceHotline.com can help by comparing your insurance rate against over 30 car insurance companies to find you a lower rate available for your driving profile.

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How can you help but smile when your career is caring for the earth? ISTOCK

Glaciologist

You always see them in the sad climate change commercials, tumbling down from their icy peaks and crashing into the water below. Well, those frozen mountains are more than the Earth's natural ice cubes — they are glaciers, and they play a key role in regulating the environment.

Of course, as a glaciologist, you would know all about that. This job is not office work. Glaciologists study the physical properties, movement and effects of snow on behalf of government departments, parks, research institutes, and consulting firms.

Starting salary: $36,000 to $41,800

• Specialists in this area typically have strong backgrounds in science and math, and possess at least an undergraduate degree. The majority of positions also require research and a master's degree in areas such as geomatics, geography, climatology, physics, or environmental earth sciences.

• Outside of academics, many glaciologists are also often certified in mountaineering, climbing and wilderness travel given the unique physical requirements of the job.

Environmental reporter

If you want to be the one sharing the most up-to-date climate changes with the world, then working as an environmental reporter is where you need to be.

These journalists gather important environmental information and relay it to the public through print, video, online, radio and all other media. It's a highly competitive market so, to be successful in this area, you'll have to be passionate, curious and extremely dedicated to not only finding the story but being the first one to break the latest environmental news.

Starting salary: $19,000

• All journalists need strong communications skills, but to specialize as an environmental reporter, you must also have an understanding of biology and social studies. Graduates with degrees in journalism, communications or environmental studies are well positioned to work in this field.

• In particular, if you have an undergraduate degree in a scientific field and a master's degree in journalism, you are uniquely qualified for this role.

Ecotourism Operator

One of the best ways for people to start caring for the environment is for them to experience nature first hand. Enter the ecotourism operator.

These workers love the environment and share their passion with clients and tours teaching people about an area's natural and cultural history and how it can be preserved for future generations.

These eco-leaders tend to work with school programs, tourism bureaus, universities or colleges, vacation resorts, park reserves and really anywhere that there are environmental issues and people willing to learn about them.

Starting salary: $23,000 to $28,000

• Though you can technically pursue this career path right out of high school, employees in this field stand to earn more with a higher level of education. Students with degrees in ecotourism, outdoor recreation, parks and forestry, biology, geography or environmental studies are well suited for this position.

• However, the most important skill for those interested in this line of work is strong communication and interpersonal skills. After all, a boring tour guide makes for a boring tour.

Science teacher

While most people think of their science teacher as the person who force fed them the Krebs cycle or made them dissect a frog against their will, these fine educators can also shape the way that future generations think about the environment. Science teachers have the power to work green lessons into their curriculum, exposing students to the different issues and science at work in the environment.

Starting salary: $46,000

• Science teachers must get at least a bachelor's degree in education with a concentration in two areas of science or mathematics.

• Teachers must be certified to teach in Canada and, in many areas, must also become a member of the provincial or territorial teachers' association.

Environmental health officer

Green jobs often consider the health of our ecosystems, but what about these ecosystems impact on the health of Canadians?

Environmental health officers work to protect public health by doing everything from inspecting food facilities to implementing disease control. Ultimately, these workers focus on making sure that our environment stays safe for the Canadian public.

Starting salary: $35,000 to $50,000

• The minimum requirement to work as an environmental health officer is typically an undergraduate degree concentrating environmental health. ECO Canada recommends the programs at Ryerson University, British Columbia Institute of Technology, Concordia University College of Alberta, Cape Breton University and First Nations University of Canada. Employees in this field must also be certified with the Canadian Institute of Public Health Inspectors (CIPHI).

ISHANI NATH IS A PROUD MCMASTER UNIVERSITY ALUMNAE, ASPIRING WRITER AND CURRENT JOURNALISM GRAD STUDENT AT RYERSON UNIVERSITY. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Searching for success

Where are all the green jobs in Canada?

- Ontario: 37%
- Quebec: 23%
- British Columbia: 14%
- Alberta: 12%

Facts of life

Go for the green

- 44% of environmental employers plan to hire workers in the next two years, either to augment their work force or to replace workers who leave
- 100,000 environmental employees will retire within the next decade
- 24% of green employees are under 30 years
- 87% of environmental workers state that "a desire to improve the environment" is a key factor in their decision to make it their career

Source: ECO Canada, Canada's environmental careers organization

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Student Voice

'Just having a degree won't cut it in the real world'

Lisa Bui
Student
International Relations
University of Calgary

TalentEgg.ca

The degree that I am currently studying to obtain, International Relations at the University of Calgary, is a very vague designation. People either scratch their heads at my program or assume we will all funnel into jobs at the United Nations. Since my degree is limitless, I don't have a clear direction of what career I truly want to pursue, though I favour the non-profit or the public sector.

Rejection always hurts. I used to send out 10 emails on a job hunting day, attached with uniquely addressed resumes and cover letters, and if I was lucky, I would receive two emails stating they had already selected someone else for the job. If I happened to be unlucky, I received not a single reply. These were entry-level positions that would hire high school students and post-secondary students.

I realized I was knocking on all the wrong doors and, more importantly, realized it was who I knew that could aid my job search.

I had been an active volunteer for the Canadian Red Cross and I was selected to attend a Government of Alberta non-profit sector conference, Vitalize. At that conference, I received information about an internship program that was exclusively with non-profits. Then I successfully obtained an internship at TELUS Sparks as an Education Module Developer, where I used the experience to develop skills for a possible career in project management.

Where I am now

I am entering my third year at the University of Calgary. I will be juggling my studies while volunteering for the Canadian Red Cross as President of the University of Calgary Red Cross Club.

My advice for students

Advancing your career will largely depend on who you know. Networking skills are invaluable; rather than trying to be interesting, be interested in your co-workers, employers and organization. Also, find out your strengths and apply for jobs that match your skills with their assignments. Companies hire people for what they can do — not for what they can't. Lastly, just having a degree won't cut it in the real world. Gain experience by volunteering or a meaningful internship and you can jump into mid-level positions rather than entry-level positions.

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ISHANI NATH
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ISTOCK

Some say you only have two options in life: go big or go home. But when it comes to the environment, the only option may be to go green so we can have a home for years to come.

Whether you believe in climate change or not, the fact is that we have treated Mother Earth worse than that ratty old teddy bear from your childhood.

We've neglected her, put her through the ringer, and destroyed her with chemicals and toxins to the point that she's in need of a solid repair job.

While climate change may be impacting the entire globe, each country is reacting to environmental shifts differently.

What exactly is a "green job"?

Green jobs in Canada are still in their awkward teenage years — they're still trying to figure out exactly who and what they are.

According to a report by the Organisation for Economic Co-operation and Development (OECD), countries such as Germany, Finland, Korea, Portugal and, most recently, the United States have officially defined what is considered a "green job" in their nations and thereby recognized their growing environmental sectors.

Canada, on the other hand, still has some growing up to do. What constitutes a "green job" in our home and native land is currently undefined, so the term tends to encompass the various industries and occupations that deal with the environment.

For lack of official national definitions, ECO Canada recently defined a number of green career terms in their Defining the Green Economy: Labour Market Research Study.

Here are some of the key terms from that study that every student and recent grad who is planning to start a green career should know:

Green economy
All activity operating with the primary intention of reducing conventional levels of resource consumption, harmful emissions, and minimizing all forms of environmental impact. The green economy includes the inputs, activities, outputs and outcomes as they relate to the production of green products and services.

Green organization
An organization (in any industry) that produces goods or services designed to minimize environmental impact.

Green job
A job that works directly with information, technologies, or materials that minimize environmental impact, and also requires specialized skills, knowledge, training, or experience related to these areas.

Green skills
The knowledge, training or experience as they relate to technologies or materials that minimize environmental impact.

ISHANI NATH IS A PROUD MCMASTER UNIVERSITY ALUMNAE, ASPIRING WRITER AND CURRENT JOURNALISM GRAD STUDENT AT RYERSON UNIVERSITY. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

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Looks like the temp is going up

Temporary to permanent. Temp positions can be a great introduction

JULIA WEST
life@metronews.ca

As you may have noticed, permanent, full-time positions are no longer the standard in the workplace. Temporary positions are now becoming more commonplace and more beneficial for both employee and employer. Forget the stigma of temp agencies shuffling you around, and erase that thought of instability — more and more businesses are turning to temp agencies to find their next employee.

Many companies approach temporary positions as a way to get a feel for a worker before committing to them full time. Make the right impression on them, and you can go from temporary to permanent. "The decision to hire a temp that the company has worked with is a lot easier than hiring someone off the street," says Lahle Wolfe, author of About.com's Guide to Women in Business.

Don't think a temp agency is right for you? Bob Kovalsky, senior vice president of Adecco Staffing reminds us that they can help just about anyone,

Getting to know you

"The decision to hire a temp that the company has worked with is a lot easier than hiring someone off the street."
Lahle Wolfe

"even unique groups, like mature workers, military families and Olympic athletes."

"Agencies organize their opportunities by region and needs to help connect you with jobs that align with your skills and goals," says Kovalsky. A temporary position is about making it work for you and your specific needs. The fields are practically endless, too. "There are a variety of career opportunities with temporary agencies," says Kovalsky. "Some popular areas in need of workers include customer service, IT, industrial and manufacturing, medical, transportation and accounting."

"Some staffing firms," says Jennifer Azzolina, vice president at Kelly Services, "partner with the best talent and companies in the world, which provides opportunities and exposure to the best of the best."

If you're still unsure if a temp agency is worth looking in to, just think about their connections versus your connections. They might be just the people you want to have in your corner when searching for a job.

More and more companies are turning to temp agencies to find their next employee. ISTOCK

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Twenty-year-old Chinese student Raymond Zao is preparing to write the Law School Admission Test in October. ISTOCK

The law of scholastic success

Come one, come all. Canadian universities hope to attract more diversity to law schools

Going to law school was not something Janine Manning ever dreamed of doing.

"When I was growing up, I was just only ever expected to get my high school (diploma). Like getting your high school was the ultimate goal," said 32-year-old Manning, her voice choking up.

"There was no real push to go to university or go beyond high school because it's not something the generation before me had experience in. Being the first and only person in my immediate family to go to university is quite the accomplishment."

Manning is one of 25 low-income students currently enrolled in a new, free LSAT preparation course at the University of Toronto. Other similarly available courses range from $500 to $1,000.

Touted as the first of its kind, the weekly class, which runs from June to October, is taught by a recent law school graduate and covers everything from what to expect during the half-day test to how to apply for financial aid at a bank.

It's just one example of a number of measures Canadian universities have taken over the years to try to increase diversity in its law school programs.

Alexis Archbold, assistant dean of students for the University of Toronto's law faculty, says schools understand there are many reasons why some people who have academic merit don't pursue a legal education. One of the big reasons is that tuition fees for law school can cost up to $25,000 a year.

"Legal education is a privilege. It leads to a career that we know leads to leadership opportunities. If you look at politicians, leaders of business — so many of them have law degrees," she said.

"It's important that everyone has access to that opportunity. If they want to go into law and assume a leadership role in their society, there should not be obstacles to some people accessing that."

The idea of law school never crossed Raymond Zao's mind either.

His parents, Chinese immigrants who work long hours — his mother at a café and his father as a tour guide — always pushed him to succeed in school but the mounting costs of law school stopped him from pursuing that career path.

This course has allowed the 20-year-old to try to see if he has what it takes to pass the LSATs, without worrying too much about the initial price tag.

"(I was) feeling like I would be overwhelmed by the debt," said Zao, who is spending his summer cleaning offices in the corporate towers in Toronto's financial district to save money.

THE CANADIAN PRESS

Opening the door

"It's important that everyone has access to that opportunity. If they want to go into law and assume a leadership role in their society, there should not be obstacles to some people accessing that."
Alexis Archbold, assistant dean of students for the University of Toronto's law faculty

Tennis

Azarenka edges past Stosur

Top-ranked Victoria Azarenka was pushed to the limit by defending champion Sam Stosur before winning in a third-set tiebreaker at the U.S. Open quarter-finals on Tuesday.

Azarenka eked out a 6-1, 4-6, 7-6 (5) victory in two hours 23 minutes — not including an early 76-minute rain delay.

THE ASSOCIATED PRESS

Tennis

Raonic to lead Canada's Davis Cup team

Milos Raonic will lead Canada into its Davis Cup tie against South Africa later this month.

The Thornhill native, who lost to Andy Murray in the fourth round at the U.S. Open on Monday, will be joined by veteran doubles player Daniel Nestor of Toronto, Frank Dancevic of Niagara Falls, Ont., and Vancouver's Vasek Pospisil.

THE CANADIAN PRESS

Corporate move

Anselmi named MLSE president

Maple Leaf Sports & Entertainment has named Tom Anselmi as its president and chief operating officer.

Anselmi formerly served as executive vice-president and COO of the sports organization, which counts the NHL's Maple Leafs, NBA's Raptors, AHL's Marlies and Toronto FC of Major League Soccer among its properties. He replaces former president Richard Peddie, who stepped down at the end of last year.

THE CANADIAN PRESS

MLB. Blue Jays shut out in consecutive games by O's

Mark Reynolds hit a home run and drove in four runs on Tuesday while left-hander Zach Britton held the Blue Jays to four hits over seven innings as the Baltimore Orioles routed Toronto 12-0.

The Blue Jays are 9-25 since July 30. The Jays were out-hit 18-4.

Some of the announced crowd of 13,556 at Rogers Centre used umbrellas or scurried to cover as technical difficulties with the roof in the sixth inning meant the roof closed more slowly than usual. THE CANADIAN PRESS

The Orioles' Mark Reynolds watches his home run Tuesday in Toronto. GETTY IMAGES

Hockey. KHL ready for locked-out NHL players

The Russians are ready.

With time ticking down until the NHL is expected to lock out its players, KHL teams and executives are bracing for a windfall. The Russian-based league will open its arms to NHL players who wake up Sept. 16 without a place to play because it believes it can capitalize while arenas go dark around North America.

"Mainly I think it's going to be a lot of additional marketing potential for the league and hockey itself as a game," KHL vice-president Ilya Kochevrin told The Canadian Press on Tuesday. "The stars bring additional attention ... to a lot of people who probably don't consider hockey the sport of choice." THE CANADIAN PRESS

Tentative travel plans

Most of the top Russian players are expected to quickly make their way home if the NHL and NHL Players' Association are unable to reach a new collective bargaining agreement by Sept. 15.

Mortimer adds to her golden summer in pool

Paralympics. Hamilton native sets second world-record time of London Games

Summer Mortimer has her second gold medal of the London Paralympics, and once again she won in record style.

The Hamilton native won the women's S10 backstroke in a world-record time of one minute 5.90 seconds.

Mortimer also won gold in the 50-metre freestyle event in world-record time last week.

"This feels absolutely amazing," said Mortimer, who also a silver medal in the 200 individual medley earlier at the Games. "I haven't been that fast since I was able-bodied. To be able to beat my times from when I was 14 to 15 years old is amazing. I wasn't expecting it but the race went perfectly."

Sophie Pasco of New Zealand, who led Mortimer by a half-second at the turn, took the silver in 1:06.69.

Shireen Shapiro of South Africa was third in 1:09.02 while Aurelie Rivard of St-Jean-sur-Richelieu, Que., was fifth.

Mortimer ranked third in the preliminaries, but said she was simply following her game plan.

"I went easy in the prelims," she said. "I was trying to strategically place myself a couple of lanes over so I wouldn't be beside the main people and be able to focus on my own race."

THE CANADIAN PRESS

S10

- The S10 classification is defined as minimal physical impairment.
- Mortimer broke most of the bones in her feet in a trampoline accident in 2008.

Summer Mortimer celebrates winning the gold medal in the women's 100m backstroke S10 final at the Paralympic Games Tuesday in London. CLIVE ROSE/GETTY IMAGES

4 SPORTS

Mobile sports

Murderball remains a calling card for wheelchair rugby years after it was in theatres. The documentary featuring the Canadian and U.S. teams was a raw, unflinching look at the lives of wheelchair athletes in a sport as laden with testosterone as the able-bodied version. Scan the code for the story.

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Giants return to scene of the rivalry to kick off season

NFL. Champion Giants seek to silence critics, while Cowboys want redemption and fresh outlook in 2012-13

Giants quarterback Eli Manning gestures during a game against the Cowboys on Jan. 1 in East Rutherford, N.J. RICH SCHULTZ/GETTY IMAGES FILE

A good start is what is on the line this time when the New York Giants host the Dallas Cowboys in the NFL season opener.

The stakes were much greater the last time the NFC East foes faced off to close the last regular season. New York won to claim the division title en route to the Super Bowl title. Dallas was left out of the post-season.

On Wednesday night at MetLife Stadium in East Rutherford, N.J., the winner will take the early upper hand in the divisional race.

For the Super Bowl champion Giants, this will be a chance to silence the critics and detractors who have sounded off repeatedly after they beat the New England Patriots in February to claim their second title in five seasons.

The Giants heard it all: They were lucky to get into the playoffs with a 9-7 record. They really didn't beat the Packers or 49ers, they were just handed the games.

That is now over.

The goal for Tom Coughlin's players is to show they have constructed that bridge the 65-year-old coach urged them to build to link their late-season 6-0 run to the title to the 2012 campaign.

"The leadership we have on this football team, that's going to be the spine of the bridge, if you will," defensive captain Justin Tuck said. "I think we're in a good place as far as where we want to be coming into the game."

The Giants are confident, and they don't care what outsiders are saying about them.

"We've already showed people who we are," safety Antrel Rolle said. "We can care less about that."

THE ASSOCIATED PRESS

Cowboys' goals

- Jerry Jones' Cowboys face a much different task after an 8-8 campaign that ended with an embarrassing 31-14 loss to the Giants on New Year's Day.
- The outspoken owner knows the window for the aging Cowboys to return to the franchise's glory years are fading fast.

Quoted

"That's what fuels you in the off-season and makes you ... want to remember those moments so you can improve from them."

Cowboys QB Tony Romo on last year's season-ending loss to the Giants

Three things to watch

1 Secondary issues

Both teams have questions in their secondary. The Cowboys' was amongst the worst last season, which led to an overhaul. The Giants are missing usual starter, Terrell Thomas (ACL) and his backup, Prince Amukamara, is out with a high-ankle sprain. Could be a high-scoring opener.

2 Nicked-up Nicks

Giants receiver Hakeem Nicks, who still has some soreness in his surgically-repaired foot, said he has "no doubt" he will be on the field. But how effective will he be? Nicks has had little to no work since breaking his foot on May 24.

3 Bennett's breakout?

Newest Giants' tight end — and former Cowboy — Martellus Bennett gets a chance to prove his old team wrong. Look for a big game from him. METRO

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'Playing well, but playing early'. Young quarterbacks locking up NFL starting spots like never before

Youth and inexperience have taken over the most important position in the NFL.

Ten starting quarterbacks this season have been in the league one year or less, with five teams letting rookies run the show. It's an unprecedented move in the NFL, where experience is a favoured trait for those who handle the ball most. No more.

"One of the most astounding statistics that I've seen in football in the last 25 years is the amount of young quarterbacks that are now playing early, but playing well," said Jon Gruden, a former coach and current television analyst.

Never have so many teams taken chances with so little experience at quarterback.

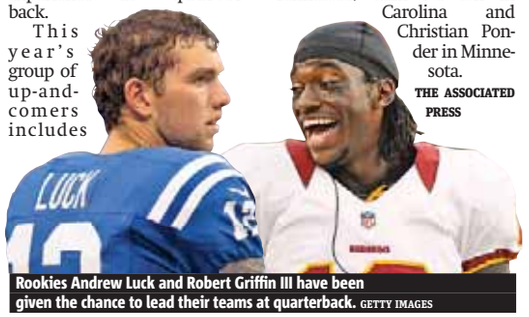
This year's group of up-and-comers includes rookies Robert Griffin III in Washington, Andrew Luck in Indianapolis, Ryan Tannehill in Miami, Brandon Weeden in Cleveland and Russell Wilson in Seattle. They join second-year starters Andy Dalton in Cincinnati, Blaine Gabbert in Jacksonville, Jake Locker in Tennessee, Cam Newton in Carolina and Christian Ponder in Minnesota.

THE ASSOCIATED PRESS

By the numbers

1950

The starting 10 quarterbacks with one year or less in the NFL is the most since 1950, according to STATS LLC. That's the year that the league absorbed three teams from the All-America Football Conference, including the Cleveland Browns with Otto Graham.



Rookies Andrew Luck and Robert Griffin III have been given the chance to lead their teams at quarterback. GETTY IMAGES

Returning from injury

Steelers planning for Manning to be outstanding

Steelers coach Mike Tomlin expects to see the same old Peyton Manning when Pittsburgh travels to Denver for the season opener on Sunday night.

Tomlin believes Manning will "be at his very best" while playing for the first time since Indianapolis lost in the wild card round of the 2010 playoffs. Manning missed last season after undergoing neck surgery and landed in Denver after being released by the Colts. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	76	59	.563	—
New York	76	59	.563	—
Tampa Bay	75	61	.551	1½
Boston	62	74	.456	15
Toronto	60	75	.444	16½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	73	61	.545	—
Detroit	72	63	.533	1½
Kansas City	60	74	.448	13
Cleveland	58	78	.426	16
Minnesota	55	80	.407	18½

WEST DIVISION

	W	L	Pct	GB
Texas	80	54	.597	—
Oakland	76	58	.567	4
Los Angeles	72	63	.533	8½
Seattle	66	70	.485	15

Tuesday's results
Baltimore 12 Toronto 0
Cleveland 3 Detroit 2
Tampa Bay 5 N.Y. Yankees 2
Minnesota at Chicago White Sox
Texas at Kansas City
L.A. Angels at Oakland
Boston at Seattle
Monday's results
Baltimore 4 Toronto 0
Chicago White Sox 4 Minnesota 2
Cleveland 3 Detroit 2
L.A. Angels 8 Oakland 3
Seattle 4 Boston 1
Tampa Bay 4 N.Y. Yankees 3
Texas 8 Kansas City 4
Wednesday's Games
All Times Eastern
Minnesota (Walters 2-2) at Chicago White Sox (Peavy 9-10), 2:10 p.m.
L.A. Angels (Haren 9-10) at Oakland (McCarthy 8-5), 3:35 p.m.
Cleveland (Jimenez 9-14) at Detroit (Fister 7-8), 7:05 p.m.
Baltimore (Mig.Gonzalez 6-3) at Toronto (Morrow 8-5), 7:07 p.m.
N.Y. Yankees (Kuroda 12-10) at Tampa Bay (M.Moore 10-8), 7:10 p.m.
Texas (Dempster 4-1) at Kansas City (Teaford 1-3), 8:10 p.m.
Boston (A.Cook 3-8) at Seattle (Millwood 4-12), 10:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	112	458	108	152	.332
MiCabrera, Det	133	517	87	171	.331
DavMurphy, Tex	120	361	55	117	.324
Beltre, Tex	130	507	79	161	.318
Mauer, Minn	125	464	70	147	.317
Jeter, NYY	132	562	84	177	.315
Fielder, Det	134	483	71	151	.313
Butler, KC	133	505	58	156	.309
Konerko, ChiW	118	441	55	136	.308
TorHunter, LAA	114	433	68	133	.307

RBIs — Hamilton, Texas, 114; MiCabrera, Detroit, 111; Willingham, Minnesota, 96; Encarnacion, Toronto, 95; Fielder, Detroit, 93; Pujols, L.A. Angels, 92; ADunn, Chi Sox, 88.
HOME RUNS — ADunn, Chi Sox, 38; Hamilton, Texas, 38; Encarnacion, Toronto, 37; Granderson, N.Y. Yankees, 34; MiCabrera, Detroit, 33; Willingham, Minnesota, 33; Trumbo, L.A. Angels, 30.
PITCHING — Price, Tampa Bay, 17-5; Weaver, L.A. Angels, 16-4; Sale, Chi Sox, 15-6; Scherzer, Detroit, 15-6; MHarrison, Texas, 15-8; Vargas, Seattle, 14-9; Darvish, Texas, 14-9.
Not including Tuesday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	82	52	.612	—
Atlanta	76	59	.563	6½
Philadelphia	65	70	.481	17½
New York	64	71	.474	18½
Miami	60	75	.444	22½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	82	54	.603	—
St. Louis	73	62	.541	8½
Pittsburgh	70	64	.522	11
Milwaukee	65	69	.485	16
Chicago	51	83	.381	30
Houston	42	93	.311	39½

WEST DIVISION

	W	L	Pct	GB
San Francisco	77	58	.570	—
Los Angeles	73	63	.537	4½
Arizona	66	70	.485	11½
San Diego	62	74	.456	15½
Colorado	55	78	.414	21

Tuesday's results
Chicago Cubs at Washington
Houston at Pittsburgh
Colorado at Atlanta
Milwaukee at Miami
Philadelphia at Cincinnati
N.Y. Mets at St. Louis
San Diego at L.A. Dodgers
Arizona at San Francisco
Monday's results
Atlanta 6 Colorado 1
Houston 5 Pittsburgh 1
L.A. Dodgers 4 San Diego 3 (11 innings)
Miami 7 Milwaukee 3
Philadelphia 4 Cincinnati 2
San Francisco 9 Arizona 8 (10 innings)
St. Louis 5 N.Y. Mets 4
Washington 2 Chicago Cubs 1
Wednesday's games — All Times Eastern
Philadelphia (Halladay 8-7) at Cincinnati (Leake 7-8), 12:35 p.m.
N.Y. Mets (Dickey 17-4) at St. Louis (Wainwright 13-11), 1:45 p.m.
Chicago Cubs (Volstad 2-9) at Washington (G.Gonzalez 17-7), 7:05 p.m.
Houston (Abad 0-2) at Pittsburgh (Correia 9-8), 7:05 p.m.
Colorado (White 2-7) at Atlanta (Minor 7-10), 7:10 p.m.
Milwaukee (W.Peralta 0-0) at Miami (Eovaldi 4-10), 7:10 p.m.
San Diego (Richard 12-12) at L.A. Dodgers (Harang 9-8), 10:10 p.m.
Arizona (Cahill 9-11) at San Francisco (Bumgarner 14-9), 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
MeCabrera, SF	113	459	84	159	.346
AMcCutchen, Pgh	129	492	91	168	.341
Posey, SF	122	437	62	144	.330
YMolina, StL	114	423	52	136	.322
DWright, NYM	131	485	79	151	.311
Braun, Mil	126	489	90	152	.311
CGonzalez, Col	119	470	84	146	.311
Fowler, Col	122	394	69	121	.307
Holliday, StL	132	512	85	157	.307
Prado, Atl	131	526	72	157	.298

RBIs — Braun, Milwaukee, 96; Headley, San Diego, 92; Holliday, St. Louis, 92; Bruce, Cincinnati, 89; ARamirez, Milwaukee, 89; Beltran, St. Louis, 86; LaRoche, Washington, 85; Posey, San Francisco, 85; ASoriano, Chi Cubs, 85.
PITCHING — Dickey, N.Y. Mets, 17-4; GGonzalez, Washington, 17-7; Cueto, Cincinnati, 17-7; Burnett, Pittsburgh, 15-5; Strasburg, Washington, 15-6; Lohse, St. Louis, 14-2; Hamels, Philadelphia, 14-6; Gallardo, Milwaukee, 14-8; Bumgarner, San Francisco, 14-9; Miley, Arizona, 14-9.
Not including Tuesday's games

ORIOLES 12, BLUE JAYS 0

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Markks rf	5	2	3	1	RDavis lf	3	0	1	0
Ford pr-rf	0	0	0	0	Gose ph-lf	1	0	0	0
Hardy ss	5	0	2	1	Rasms cf	4	0	0	0
StTllsn ss	0	0	0	0	Encrnc dh	3	0	0	0
McLoth lf-cf	4	0	1	2	Lind 1b	3	0	0	0
AdJons cf	5	2	2	0	Torreal ph	1	0	0	0
Avery lf	0	0	0	0	YEscor ss	4	0	1	0
Wieters c	4	1	1	0	KJhnsn 2b	3	0	0	0
Tegrdn ph-c	1	0	0	0	Sierra rf	3	0	1	0
C.Davis dh	4	3	3	1	Mathis c	3	0	0	0
MrRynl 1b	4	2	3	4	Hchvrr 3b	3	0	1	0
Betemt ph-1b	1	0	0	0					
Machd 3b	5	2	3	1					
Andino 2b	4	0	0	1					
Flahrty 2b	0	0	0	0					
Totals	**42**	**12**	**18**	**11**	**Totals**		**31**	**0**	**4**	**0**

Baltimore	000	031	350	—12
Toronto	000	000	000	—0

E—Beck (1). DP—Toronto 2. LOB—Baltimore 6, Toronto 6. 2B—Markakis 2 (28), Hardy (26), Ad.Jones (31), C.Davis (16), Machado (4), Sierra (3). HR—Mar.Reynolds (17). SF—McLouth, Andino.

Baltimore	IP	H	R	ER	BB	SO
Britton W,5-1	7	4	0	0	2	8
Gregg	1	0	0	0	0	1
Z.Phillips	1	0	0	0	0	1
Toronto						
Villanueva L,7-5	6 2-3	7	6	6	1	6
Loup	1-3	5	4	4	0	0
Beck	1	4	2	2	0	0
Lyon	1	2	0	0	0	0

Loup pitched to 3 batters in the 8th.
Balk—Loup.
Umpires—Home, Laz Diaz; First, Tim Welke; Second, Paul Schrieber; Third, Mike Everitt.
T—2:48. A—13,556 (49,260) at Toronto.

GOLF

PGA FEDEXCUP STANDINGS

Through Sept. 3

	Points—Money YTD
1. Rory McIlroy	4,799—$6,402,192
2. Nick Watney	3,468—$2,777,644
3. Tiger Woods	3,417—$5,533,158
4. Brandt Snedeker	3,194—$3,512,939
5. Louis Oosthuizen	2,909—$3,211,595
6. Dustin Johnson	2,622—$2,910,060
7. Jason Dufner	2,373—$4,664,104
8. Zach Johnson	2,279—$4,164,804
9. Phil Mickelson	2,170—$3,332,621
10. Bubba Watson	2,080—$4,178,997
11. Carl Pettersson	1,966—$3,370,496
12. Keegan Bradley	1,952—$3,752,258
13. Matt Kuchar	1,920—$3,678,825
14. Hunter Mahan	1,894—$3,755,193
15. Sergio Garcia	1,810—$2,269,316
16. Steve Stricker	1,805—$3,210,021
17. Luke Donald	1,802—$2,990,824
18. Ernie Els	1,719—$3,194,618
19. Webb Simpson	1,687—$3,113,505
20. Bo Van Pelt	1,587—$2,629,749
21. Jim Furyk	1,566—$2,847,805
22. Justin Rose	1,534—$3,318,330
23. Lee Westwood	1,476—$2,184,569
24. Rickie Fowler	1,458—$2,895,093
25. Adam Scott	1,448—$2,464,757
26. John Senden	1,442—$1,764,171
27. John Huh	1,383—$2,381,413
28. Bill Haas	1,353—$2,327,071
29. Scott Piercy	1,337—$2,338,830
30. Kyle Stanley	1,312—$2,308,657
31. Robert Garrigus	1,295—$2,195,683
32. Kevin Stadler	1,285—$1,493,906
33. Bud Cauley	1,272—$1,703,435
34. Johnson Wagner	1,269—$2,202,127
35. Ryan Moore	1,205—$1,372,944
36. Greg Chalmers	1,144—$1,058,027
37. Marc Leishman	1,138—$1,917,041
38. Seung-Yul Noh	1,122—$1,521,151
39. William McGirt	1,110—$1,201,379
40. Jeff Overton	1,104—$1,307,503
Also	
58. David Hearn	**940—$957,192**
60. Graham DeLaet	**922—$1,015,151**

NFL

2011 FINAL STANDINGS

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-New England	13	3	0	.813	513	342
N.Y. Jets	8	8	0	.500	377	363
Miami	6	10	0	.375	329	313
Buffalo	6	10	0	.375	372	434

SOUTH

y-Houston	10	6	0	.625	381	278
Tennessee	9	7	0	.563	325	317
Jacksonville	5	11	0	.313	243	329
Indianapolis	2	14	0	.125	243	430

NORTH

y-Baltimore	12	4	0	.750	378	266
x-Pittsburgh	12	4	0	.750	325	227
x-Cincinnati	9	7	0	.563	344	323
Cleveland	4	12	0	.250	218	307

WEST

y-Denver	8	8	0	.500	309	390
San Diego	8	8	0	.500	406	377
Oakland	8	8	0	.500	359	433
Kansas City	7	9	0	.438	212	338

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-N.Y. Giants	9	7	0	.563	394	400
Philadelphia	8	8	0	.500	396	328
Dallas	8	8	0	.500	369	347
Washington	5	11	0	.313	288	367

SOUTH

y-New Orleans	13	3	0	.813	547	339
x-Atlanta	10	6	0	.625	402	350
Carolina	6	10	0	.375	406	429
Tampa Bay	4	12	0	.250	287	494

NORTH

y-Green Bay	15	1	0	.938	560	359
x-Detroit	10	6	0	.625	474	387
Chicago	8	8	0	.500	353	341
Minnesota	3	13	0	.188	340	449

WEST

y-San Francisco	13	3	0	.813	380	229
Arizona	8	8	0	.500	312	348
Seattle	7	9	0	.438	321	315
St. Louis	2	14	0	.125	193	407

x — clinched playoff berth.
y — clinched division.

2012 REGULAR SEASON

Wednesday's game — All Times Eastern
Dallas at N.Y. Giants, 8:30 p.m.
Sunday's games
Indianapolis at Chicago, 1 p.m.
Jacksonville at Minnesota, 1 p.m.
Miami at Houston, 1 p.m.
New England at Tennessee, 1 p.m.
Washington at New Orleans, 1 p.m.
Atlanta at Kansas City, 1 p.m.
Buffalo at N.Y. Jets, 1 p.m.
St. Louis at Detroit, 1 p.m.
Philadelphia at Cleveland, 1 p.m.
Seattle at Arizona, 4:25 p.m.
San Francisco at Green Bay, 4:25 p.m.
Carolina at Tampa Bay, 4:25 p.m.
Pittsburgh at Denver, 8:20 p.m.
Monday, Sept. 10
Cincinnati at Baltimore, 7 p.m.
San Diego at Oakland, 10:15 p.m.

TENNIS

U.S. OPEN

At New York
MEN
Singles — Fourth Round
David Ferrer (4), Spain, def. Richard Gasquet (13), France, 7-5, 7-6 (2), 6-4.
Doubles — Quarter-finals
Marcel Granollers and Marc Lopez (6), Spain, def. Alexander Peya, Austria, and Bruno Soares (15), Brazil, 6-3, 6-4.
WOMEN
Singles — Quarter-finals
Victoria Azarenka (1), Belarus, def. Sam Stosur (7), Australia, 6-1, 4-6, 7-6 (5).
Marion Bartoli (11), France, leads Maria Sharapova (3), Russia, 4-0 (15-30), susp., rain.
Doubles — Quarter-finals
Sara Errani and Roberta Vinci (2), Italy, def. Julia Goerges, Germany, and Kveta Peschke (11), Czech Republic, 6-2, 7-6 (2).
JUNIORS
At Port Chester, N.Y.
Boy's Doubles — First Round
Filip Peliwo, Vancouver, and Kaichi Uchida (1), Japan, def. Stefan Kozlov and Spencer Papa, United States, 4-6, 6-4, 10-6 (tiebreak).
Girl's Doubles — First Round
Erin Routliffe, Caledon, Ont., and Carol Zhao, Toronto, def. Tornado Alicia Black and Nicole Frenkel, United States, 6-1, 6-0.

CFL

WEEK 10

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	9	6	3	0	263	267	12
Toronto	9	5	4	0	210	222	10
Hamilton	9	3	6	0	266	294	6
Winnipeg	9	2	7	0	176	296	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	9	6	3	0	227	171	12
Edmonton	9	5	4	0	221	185	10
Calgary	9	5	4	0	248	236	10
Saskatchewan	9	4	5	0	242	182	8

Monday's results
Toronto 33 Hamilton 30
Calgary 31 Edmonton 30
Sunday's result
Saskatchewan 52 Winnipeg 0

WEEK 11

Friday's game
All Times Eastern
Calgary at Edmonton, 9 p.m.
Saturday's games
Hamilton at Toronto, 1 p.m.
Montreal at B.C., 4 p.m.
Sunday's game
Saskatchewan at Winnipeg, 1 p.m.

TOUCHDOWN LEADERS

(Ru-running; Rc-receiving; Rt-returns; O-other points; P-total points):

	TD	Ru	Rc	Rt	O	P
Williams, Ham	10	0	5	5	0	60
Whitaker, Mtl	8	3	5	0	0	48
Lewis, Cal	7	0	7	0	0	42
Sheets, Ssk	7	7	0	0	0	42
Walker, Ham	7	3	4	0	0	42
Dressler, Ssk	6	0	6	0	0	36
Harris, BC	6	3	3	0	0	36
Charles, Edm	5	3	2	0	0	30
Cornish, Cal	5	4	1	0	0	30
Matthews, Wpg	5	0	5	0	0	30
Boyd, Edm	4	2	2	0	0	24
Brink, Wpg	4	4	0	0	0	24
Bruce, BC	4	0	4	0	0	24
Lavoie, Mtl	4	0	4	0	0	24
Mitchell, Cal	4	4	0	0	0	24
Owens, Tor	4	0	4	0	0	24
Anderson, Mtl	3	2	1	0	0	18
Bratton, Mtl	3	0	3	0	0	18
Burnett, Edm	3	0	0	0	3	18
Green, Mtl	3	0	3	0	0	18
Inman, Tor	3	0	3	0	0	18

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA
Kansas City	27	15	7	5	34	24
New York	26	13	7	7	46	39
Chicago	26	13	8	5	35	31
Columbus	26	12	8	6	33	30
Houston	27	11	7	9	39	33
D.C. United	27	12	10	5	43	38
Montreal	29	12	14	3	43	46
Philadelphia	25	7	13	5	25	30
New England	27	6	14	7	33	38
Toronto	27	5	16	6	30	48

WESTERN CONFERENCE

	GP	W	L	T	GF	GA
San Jose	27	16	6	5	56	33
Real Salt Lake	28	14	10	4	38	32
Seattle	26	12	6	8	41	27
Los Angeles	28	13	11	4	48	40
Vancouver	28	10	11	7	29	37
Dallas	29	8	12	9	34	38
Chivas USA	25	7	11	7	20	39
Portland	26	7	13	6	27	43
Colorado	27	8	17	2	33	41

Note: Three points for a win, one for a tie.
Sunday's results
Chicago 3 Houston 1
San Jose 4 Chivas USA 0
Seattle 1 Dallas 1
Saturday's results
Columbus 2 Montreal 1
Kansas City 2 Toronto 1
Los Angeles 2 Vancouver 0
Philadelphia 0 New England 0
Real Salt Lake 1 D.C. United 0
Wednesday's games — All Times Eastern
Columbus at New England, 8 p.m.
Portland at Colorado, 9 p.m.
Thursday's games
Real Salt Lake at Houston, 8:30 p.m.
Saturday's game
Chivas USA at Seattle, 4 p.m.

NASL

	GP	W	L	T	GF	GA
x-San Antonio	24	12	5	7	42	21
Tampa Bay	24	11	7	6	32	29
Puerto Rico	24	10	8	6	28	24
Carolina	23	9	7	7	39	41
Fort Lauderdale	25	9	9	7	38	42
Minnesota	24	7	8	9	28	29
Atlanta	24	5	12	7	29	43
Edmonton	24	5	12	7	21	28

x — clinched playoff berth.
Sunday's result
Atlanta 2 Edmonton 0
Saturday's results
Carolina 3 Puerto Rico 1
San Antonio 1 Minnesota 1
Tampa Bay 3 Fort Lauderdale 1
Saturday's games
San Antonio at Carolina, 7 p.m.
Puerto Rico at Fort Lauderdale, 7:30 p.m.
Atlanta at Tampa Bay, 7:30 p.m.
Edmonton at Minnesota, 8:30 p.m.

FIFA WOMEN'S UNDER-20 WORLD CUP

PLAYOFFS
Tuesday's results
Semifinals
At Tokyo
Germany 3 Japan 0
U.S. 2 Nigeria 0
Saturdays games
At Tokyo
Third Place
Japan vs. Nigeria, 2:30 a.m.
Championship
Germany vs. U.S., 6:20 a.m.

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DRIVE 5

Veloster packs on some muscle

ALL PHOTOS WHEELBASE

Hyundai Veloster Turbo

- **Type.** Three-door, front-wheel-drive compact sport sedan.
- **Engine (hp):** 1.6-litre DOHC I4, turbocharged (201).
- **Mileage:** L/100 km: (city/hwy) 7.9/5.2 (MT).
- **Base Price (incl. destination):** $27,500.

Review. You loved the look — now, you will love the drive

MALCOLM GUNN
Wheelbase Media

Is the sleek and slippery Veloster Turbo the kind of soul-stirring ride that would make you leverage your credit just to park one in your driveway?

The answer to that is likely yes, especially if appearing cucumber-cool in this finely tailored Hyundai for a less-than-princely sum is how you want to roll.

The now-in-stock Turbo is the latest take on the Korea-based automaker's base Veloster that created quite a stir when it launched last fall for the 2012 model year.

The entry-priced fastback/hatchback/wagon/sporty machine has left its cookie-cutter competition in the dust and the unique single-driver's-side door/double-passenger-side door design is the asymmetrical punctuation mark to a car that defies convention or comparison.

But if there's one detectable shortcoming, it's the base 138-horsepower four-cylinder engine — shared with the Accent, among other Hyundai offerings — that delivers impressive fuel economy, but is ultimately not a match for the sporty image that the body projects.

Cue the Veloster Turbo, with a turbocharged 1.6-litre engine that improves output to 201 horsepower.

Just as important, the torque rating shoots to 195 pound-feet from 123. And unlike some other turbocharged vehicles out there, the engine is designed to run on regular gas instead of premium.

The well-equipped Veloster Turbo rings in at $27,500, including destination charges, or about $6,500 more than the base model.

All in all, it's definitely worth the upgrade.

Seating

Accessing the rear seat through the rear passenger-side door is awkward for adults, owing to the sloping roof, but, once aboard, the seats are hospitable enough as long as those in front exercise due consideration for the legs of those in back. The generous cargo area is long and deep enough to hold a camping trip's worth of gear.

The Turbo boasts standard leather-covered seating.

Different look and feel

To differentiate the Turbo, the grille and rear-valence opening are much bigger, there's different sill cladding as well as 18-inch wheels with a chrome inlay (regular Velosters use 17-inch wheels). The artsy taillights and headlights are also different and are worth a careful inspection.

Hyundai has tweaked the suspension to a point where, from the driver's perspective, it's hard to imagine the Turbo was ever derived from the original. The tighter underpinnings and recalibrated (faster-acting) steering mean improved vehicle control and reduced body lean when cornering. And, when compared to the 2012 model we drove last fall, the Turbo has a much smoother ride.

Aside from leather seats with contrasting colours, it's basically the same tidy interior as the base Veloster.

On one hand, we love the long driver's door that makes getting in and out a cinch. On the other, the rear passenger door makes it easy to get the kiddies in and out.

By comparison

1 Mini Cooper Clubman S
Base price: $30,550

2 Subaru WRX hatchback
Base price: $35,000

3 Chevrolet Sonic LTZ
Base price: $22,500

On the Web

Scan code for more car reviews and news

Designated texter the new auto-safety superhero

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

The designated driver concept works like a charm, so not surprising that the concept of the designated texter is gaining traction.

But I'm wondering about this: designated drivers have to be licensed and sober.

Designated texters just have to be "not driving" and sitting in your car, a pretty low bar of qualifications.

What if they can't spell necessary words like imbecile and subpoena?

What if they routinely mix up terms like self-deprecating and self-defecating?

What if they have good vocabulary, grammar, and punctuation, but have the emotional IQ of a walnut?

What if they're drunk and always had a thing for your main squeeze? Shouldn't there be some kind of screening process to make sure your personal correspondences won't be comprised?

In the long run, however, I guess those issues are minor when you consider what's at stake.

According to the U.S. campaign called Stop the Texts. Stop the Wrecks, a texting driver is 23 times more likely to get into a crash than a non-texting driver.

The campaign was created by a team of several U.S. safety groups last year, and just recently created a series of public safety announcements featuring an actual scene from Glee, the popular TV series about singing high schoolers.

In the spot, Dianna Agron's character, Quinn Fabray, crashes her car as a direct result of texting and driving.

You can see the spot at either Distraction.gov or StopTextsStopWrecks.org.

The latter is one of the first places to use the term "designated texter" and to promote its use, in their Tips section.

Some tips are painfully obvious, like, "When you're in the car, put the phone where you can't get it," and "Turn the notifications off."

Another tip was extremely not obvious to me: "An app can help you stop texting." Apparently there is an app for that ...

But "Designate a texter" is the one with the most potential for humorous calamity, so that's the one I'm really getting behind.

Whatever your choice — or choices — doesn't matter, as long as you're with the program, and maybe even advocating about it a bit.

Teens are especially vulnerable, because they text the most, and are the most inexperienced drivers.

That generation also has the most fundamental and substantial umbilical cord to texting. To them it's like breathing.

John Voelcker of Green Car Reports recently noted a conversation he had with a GM engineering executive looking into distraction and driving.

The GM man told Voelcker that most of the young people who were being surveyed by the automaker on this issue were confused by the questions, and eventually had to set GM straight.

You don't understand, they said, it's not the device that is distracting me from driving, it's the driving that is distracting me from what I would rather be doing, which is using the device (for communicating).

Wow.

Texting and driving facts

- 5 seconds is the average time your eyes are off the road while texting.
- When travelling at 88 km/h, that's enough time to cover the length of a football field.
- A texting driver is 23 times more likely to get into a crash than a non texting driver.
- 34 per cent of teens who drive while distracted simply say they're used to multi-tasking.

STOPTEXTSSTOPWRECKS.ORG

Don't worry folks, this is a staged photo. Nobody was put in danger during the taking of this picture. ISTOCK

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© 2012 smart Canada, a Division of Mercedes-Benz Canada Inc. Model shown is a 2013 smart fortwo passion. [1]Total price of $12,684.30 is based on the 2013 smart fortwo pure, is available for cash purchase only and includes MSRP of $14,400, Freight & PDI of $1,295, Dealer Admin fee of $395, air-conditioning levy of $100, EHF tires, filters, batteries of $23.86, PPSA of $35.15, OMVIC fee of $5 and applicable dealer discount. License, insurance, registration and taxes are extra. *Total due on delivery of $1,953 includes first month's payment of $99 and total dealer fees of $1,854.01. Lease offer based on a new 2013 smart fortwo pure available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on $99 per month for 24 months. A.P.R. of 0.9% applies. Total obligation is $4,219. Security deposit of $0. 12,000 km/year allowance ($0.20/km for excess kilometres applies). License, insurance, registration and taxes are extra. Offers may change without notice and cannot be combined with any other offers. See your local Toronto Area smart Centre today. Offers end September 30th, 2012.

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Ford's robot measures the human touch

Driving Force. RUTH acts as a 'translator' for automaker's engineers

JIL MCINTOSH
drive@metronews.ca

Ford's RUTH pushes a button to measure how it will feel to the customer.
FORD MOTOR COMPANY

When it comes to how a car should "feel," automakers have often played a guessing game — at least, up until now. At Ford, a robot named RUTH pokes and prods new models to see if they're up to the standards that customers expect, and gives engineers the technical information needed to put that into the final product.

"We use RUTH to translate the voice of the customer, and to validate that we have delivered on our promise," says Eileen Franko, craftsmanship supervisor at Ford Motor Company in Dearborn, Michigan.

"It's a first of its kind here in North America."

RUTH, which stands for Robotized Unit for Tactility and Haptics, was first used by Ford in Europe, and since January has been working at the company's North American operations. She's basically a giant arm with six joints, and her job is to push buttons, poke the seats, and "use" the interior as a person would. By doing this, she assesses how hard or soft materials are to the touch, sees if switches and controls have a quality feel, and takes measurements of such subjective things as comfort and temperature, and if surfaces feel rough or smooth.

While the company still uses real people to sit in the cars and determine how everything feels, RUTH uses their input to provide mathematical data that can be accurately translated throughout the car's development, right down to the final assembly line.

"When you work with engineers, you can't just say 'too hard, too soft, too shiny,'" Franko says. "You need to speak in engineering metrics, to translate that voice of the customer — the feedback that we get — into engineering metrics to design the quality into the product."

Designing a vehicle always starts with computer models, which are used to develop the final product. RUTH is used both in the creative process and in the validation process, where actual vehicles and parts are made for testing to ensure that the computer models were correct. By poking a padded dash, for example, RUTH measures the deflection, ensuring that it feels "right" — not too hard, and not too soft.

"We don't completely remove the human touch," Franko says. "It's all about touch, feel, and quality."

Robot facts

- Ford says it is the first automaker in North America to use a RUTH machine to quantify quality and comfort in its vehicle interiors.
- RUTH doesn't actually take the place of human interaction with the car. Instead, she gathers mathematical data that will be used to build the car to the quality standards determined by real people.
- RUTH has been used in the development of the all-new 2013 Ford Fusion, which will be introduced later this year.

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Top Gear

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If you're a hard-core Corvette fan, or know someone who is, you have to check out Motor House Marketing's line of men's and women's Corvette jackets and accessories. The jackets are made of soft lambskin leather with hand-sewn logos and emblems. They also feature adjustable cuffs and double pockets inside and out. But the best part is that Motor House sells its jackets with logos that are specific to each generation of Corvette, from 1953 when Corvette mania began, to the present day, not to mention ZO6 and ZR1 designs. Sizes range from small to triple XL while prices range from $300-$625 US, depending on the style. Scope out the selection at motorhousemarketing.com.

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Hooking up and mounting your Apple iPad for use in your vehicle is possible with the Nextbase iPad2 Active Car Mount. The system includes a stanchion mount that attaches between the headrest and the seat back so that it faces the back seat. The A/C power cable links directly to the mount and immediately begins to charge the iPad. In addition, a built-in infrared transmitter lets you use your iPad 2 while wearing compatible headphones (sold separately). Finally, a built-in USB connection allows importing photos to the iPad from an external USB drive. Nextbase offers the Active Car Mount for $130 US (regularly $170) through nextbase-usa.com. **WHEELBASE**

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A model stands with the Chevrolet Stingray at the Moscow International Automobile Salon on Friday.

MIKHAIL METZEL/THE ASSOCIATED PRESS

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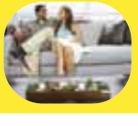

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Horoscopes

♈ Aries
March 21 - April 20
Listen to your conscience and act on what it tells you. You know from past experience that if you ignore your inner voice you are likely to regret it. Why tempt fate when so many things are going right for you?

♉ Taurus
April 21 - May 21
The Sun in the most positive area of your chart means if there is something you want or someone you desire, now is the time to make your play. There can be no more excuses: get on with it!

♊ Gemini
May 22 - June 21
If there is something you can do for a friend or family member then do it and don't think of the cost. When you do a good deed, you make it more likely that good things will come back to you.

♋ Cancer
June 22 - July 23
Facts and figures must come first today, both in your personal life and at work. Other people's hard luck stories may move you to tears but how do you know they are telling the truth? Do your own checks.

♌ Leo
July 24 - Aug. 23
There are times when it all seems to come together and while you may not quite have reached such a time yet it cannot be far away. Look out for pointers over the next 24 hours — and follow them.

♍ Virgo
Aug. 24 - Sept. 23
Make the most of the Sun in your sign to start a new phase in your life, one that builds on the experiences of previous events and experiences. If there is something you truly desire, start working towards it now.

♎ Libra
Sept. 24 - Oct. 23
The Sun remains in the most sensitive area of your chart for the next three weeks or so, which means you need to be positive and you need to be kind to yourself. Don't worry. Everything will work out fine.

♏ Scorpio
Oct. 24 - Nov. 22
You might be tempted to say what you think other people want to hear but both you and they will regret it later on. Today's Mercury-Mars link urges you to be brutally honest. Don't skimp on the truth.

♐ Sagittarius
Nov. 23 - Dec. 21
Be nice to those who might be able to further your career interests in some way. Even if they are not really your kind of people, it won't hurt to get on their good side — in a dignified way, of course.

♑ Capricorn
Dec. 22 - Jan. 20
This is a good time to be on the move, especially if you are the kind of Capricorn who gets bored with the same old faces and places. If you can arrange a vacation at short notice then go for it now.

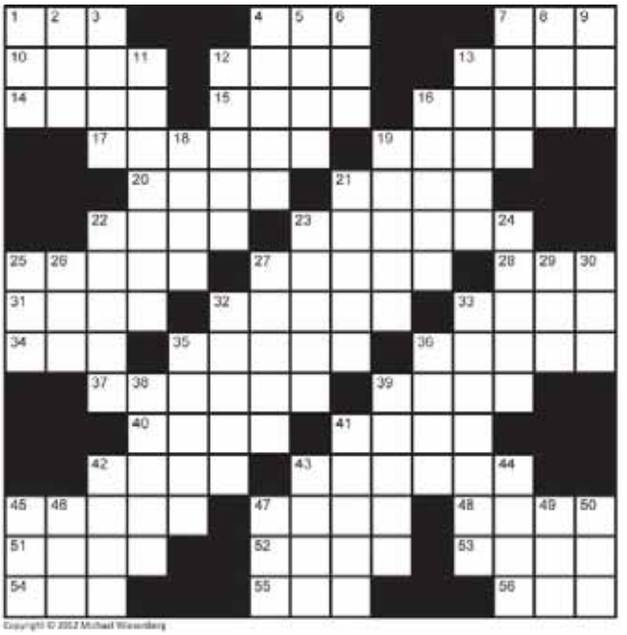
♒ Aquarius
Jan. 21 - Feb. 19
According to the planets, time is running out on a project that should have been finished by now. You can still get it done but you have got to put it at the top of your To Do list — and then do it.

♓ Pisces
Feb. 20 - March 20
You will find it easier to reach your goals if you team up with someone who shares your general outlook on life. You don't have to agree on everything — in fact your differences will bring balance to the relationship.

SALLY BROMPTON

Crossword: Stuff and Nonsense

BY MICHAEL WIESENBERG



Across
1. Winnipeg's ___ River
4. Male youngster
7. Lie
10. Dump water overboard
12. '60s sitcom star Dick Van ___
13. Call at home plate
14. Ontario tribe
15. Outfit recently renamed from Canadian Forces Air Command, for short
16. Armed robbery
17. Harper group
19. "I'm unable to do it"
20. Ontario-born *Scream* star Campbell
21. Is worthwhile
22. "___ the Last Dance for Me"
23. Ontario-born Howie of *Deal or No Deal*
25. Gasoline unit
27. Approach harvestability
28. *Porgy and Bess* lyricist Gershwin
31. Popular music player
32. Crapshooter's boxcars
33. Castle barrier
34. Also
35. Alberta NHLer
36. 1,000 kilograms
37. Margot ___: Yellowknife-born Lois Lane portrayer in four *Superman* movies
39. Hand-held holers
40. Auctioneer's final word
41. Bigoted attitude
42. Feeling down
43. Bay surrounded by Nunavut, Manitoba, Ontario, Québec
45. "___ words were never spoken"
47. TV, familiarly
48. ___ Scotia
51. Rowboat equipment
52. Slippery fish
53. Be apropos for
54. Debussy's "La ___" ("The Sea")
55. Watch
56. ___ Gamgee: unwilling visitor to Mordor

Down
1. Bank founded in 1864 in Halifax: initialism
2. Corn unit
3. Calorie watch
4. French high school
5. Aliases
6. ___ Leppard
7. ___ accompli: done deed
8. "No ___, ands, or buts!"
9. Wager
11. Montréal singer-poet Cohen most known for "Suzanne"
12. A: or C:, on a computer
13. Sixth ___: ESP
16. "The Creation" composer Franz Joseph
18. French dream
19. Christmas tree candy hangings
21. *Metro*, for one
22. Bale of hay or straw, in the Prairie Provinces
23. Boy-meets-girl event
24. CFL West Division team
25. Ignited
26. Big event for a dot-com: initialism
27. Angered
29. Became a candidate
30. Consumed
32. Move like a crab
33. ___ Canadian (beer)
35. Smell
36. "___ the night before Christmas ..."
38. Archipelago components
39. Assistants
41. BC-born pop singer Michael
42. Raymond ___: New Westminster, BC-born Perry Mason portrayer
43. Louie and Dewey's brother
44. Entre ___: between us
45. Stray cat
46. Edmonton-born actress ___ Dawn Chong, daughter of Tommy
47. Casual wear
49. __ Rail Canada
50. Cash cache

Yesterday's Crossword

What's online

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				9		8	2	7
		6						4
	8				4		3	
			5			2		
8	9		1		3		5	6
		7			9			
	5		9				4	
2						1		
7	3	1		8				

Yesterday's Sudoku

7	5	6	4	1	2	3	9	8
9	4	1	6	8	3	7	5	2
8	2	3	9	7	5	6	4	1
4	7	9	8	6	1	2	3	5
1	3	5	2	4	9	8	7	6
6	8	2	3	5	7	4	1	9
3	9	4	1	2	8	5	6	7
2	6	7	5	9	4	1	8	3
5	1	8	7	3	6	9	2	4

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HWY (A/T): 6.2L/100KM
CITY (A/T): 9.5L/100KM

Sorento SX shown△

2013 SORENTO 7 PASSENGER SEATING AVAILABLE

$0 DOWN	OWN IT FROM $151≠ BI-WEEKLY	AT 0% APR	FOR UP TO 60 MONTHS

bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT.** $7,837 remaining balance. Offer includes delivery, destination and fees of $2,183 and **$1,650** "3 payments on us" savings¥. **BASED ON A PURCHASE PRICE OF $29,078.** Offer based on 2013 Sorento LX AT.

—OR— STEP UP

TO THE 2013 SORENTO 3.5 LX V6 FOR:

FROM $18≠ BI-WEEKLY	AT 1.49% APR

FEATURES:
- SMART KEY
- PUSH BUTTON START
- 3.5L V6 276 HP 248 LB-FT
- 3,500 LB TOWING CAPACITY

$169 bi-weekly for 60 months, amortized over 84 months with $799 down payment. $8,664 remaining balance. Offer includes delivery, destination and fees of $2,183 and **$1,650** "3 payments on us" savings¥. **BASED ON A PURCHASE PRICE OF $31,678.** Offer based on 2013 Sorento 3.5 LX V6.

Forte SX shown△

2013 FORTE SEDAN

HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

OWN IT FROM $96≠ BI-WEEKLY	AT 0.9% APR	FOR UP TO 60 MONTHS	$500 WINTER TIRE CREDIT*

bi-weekly for 60 months, amortized over 84 months with $999 down payment. $4,933 remaining balance. Offer includes delivery, destination and fees of $1,888. **BASED ON A PURCHASE PRICE OF $17,883.** Offer based on 2013 Forte Sedan LX MT.

YOU CHOOSE

2013 RIO 5-DOOR

$0 DOWN	LEASE IT FROM $211§ PER MONTH	AT 0.9% APR	FOR UP TO 48 MONTHS

$0 DOWN PAYMENT. Offer includes delivery, destination and fees of $2,238. Offer based on 2013 Rio5 LX MT/2013 Rio 4-Door LX MT with a purchase price of $16,433/$16,133.

—OR— $500 WINTER TIRE CREDIT*

2013 RIO 4-DOOR

FINANCE FROM 0% APR**	FOR UP TO 60 MONTHS

Offer based on 2013 Rio 4-Door LX MT.

HWY (M/T): 4.9L/100KM
CITY (M/T): 6.6L/100KM

Rio4 SX shown△

5 Year Warranty WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

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- Military Benefit
- Mobility Assistance
- Grad Rebate

see dealer for details

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include licensing, PPSA or applicable taxes.

KIA
The Power to Surprise

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by October 1, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Your local dealer may charge additional fees for an administration fee that can range from $0 to $699. Other lease and financing options also available. **0% purchase financing is available on select new 2013 Kia models on approved credit. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Rio5 LX MT (RO55ID)/2013 Rio 4 LX MT (RO54ID) with a selling price of $16,083/$15,783 [includes delivery and destination fees of $1,455, tire recycling and filter charges of $34, OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and A/C charge ($100, where applicable)] financed at 0% APR for 36/60 months. 78/130 bi-weekly payments equal $206/$121 per payment with a down payment/equivalent trade of $0. Cost of borrowing is $0 for a total obligation of $16,083/$15,783. License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. ∞$500 Winter Tire offer is open to retail customers who finance or lease an eligible new 2012 or 2013 Kia vehicle from a participating Kia dealer between September 1 and October 1, 2012 inclusive. Eligible models include 2012/2013 Rio 4-Door and Rio5, 2012/2013 Forte Sedan, Forte Koup and Forte5, 2012/2013 Sorento and 2012 Soul 1.6 L AT or MT models. $500 can be redeemed, at customer's option, towards the purchase of a winter tire/tires for their new Kia vehicle, in the form of a cheque in the amount of $500 or as a reduction of $500 from the negotiated selling price (before taxes) of the new vehicle. Some conditions apply. See your Kia dealer for complete details. Offer ends October 1, 2012. ≠Bi-weekly finance payment (on approved credit) for new 2013 Sorento LX AT (SR75BD)/2013 Sorento 3.5 LX V6 (SR75ED)/2013 Forte Sedan LX MT (F054OD) based on a selling price of $29,078/$31,678/$17,883 is $151/$169/$96 with an APR of 0%/1.49%/0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $7,837/$8,664/$4,933 plus applicable taxes due at end of 60-month period. Offer includes $1,650/$1,650/$0 "3 payments on us" savings, delivery and destination fees of $1,650/$1,650/$1,455, tire recycling and filter charges of $34, OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. ¥3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a select new 2012 Soul 1.6L MT/2012 Soul 1.6L AT/2012 Optima/2012 Sorento/2013 Sorento from a participating dealer between September 1 – October 1, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of $350/$350/$400/$550/$550 per month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to $1,050/$1,050/$1,200/$1,650/$1,650 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. Offer ends October 1, 2012. §Lease offer available on approved credit on new 2013 Rio5 LX MT (RO55ID)/2013 Rio 4 LX MT (RO54ID) is based on monthly payments of $211/$207 [includes delivery and destination fees of $1,455, tire recycling and filter charges of $34, OMVIC fee, environmental fee, variable dealer administration fees (up to $399), A/C charge ($100, where applicable) and $350 lease service fee] for 48 months at 0.9% with a $0 down payment/equivalent trade, PPSA, security deposit and first monthly payment due at lease inception. Total lease obligation is $10,118/$9,939 with the option to purchase at the end of the term for $6,315/$6,194. Lease has 16,000 km/year allowance and $0.12/km for excess kilometres (other packages available). License, insurance, applicable taxes and registration fees are extra. Retailer may lease for less. See dealer for full details. ^Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD 7-seater (SR75XD)/2013 Forte SX Luxury AT (F074XD)/2013 Rio 4-Door SX with Navigation AT (R0749D) is $43,045/$27,150/$23,450 and includes delivery and destination fees of $1,650/$1,455/$1,455, tire recycling and filter charges of $34, OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. ˆ Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Rio5 1.6L GDI 4-cyl (M/T)/2013 Rio 4-door 1.6L GDI 4-cyl (M/T)/2013 Forte Sedan 2.0L MPI 4-cyl (A/T). These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Some conditions apply to the $500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.